

Excerpts from my field diary (July 2009 onwards)

Pankaj Oudhia

Important Research Documents (Year 2006-2008) on Traditional Healing in Indian State Chhattisgarh.

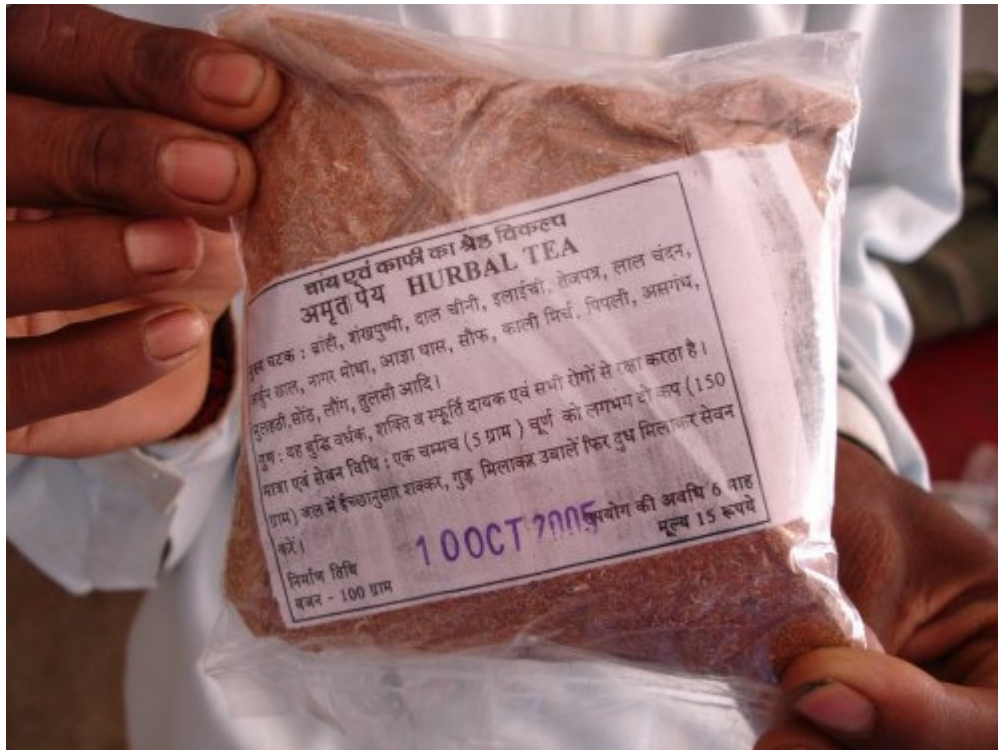
Pankaj Oudhia

Introductory Note

These important research documents were far from common people since its upload in Ecoport. I am presenting it in its original form through this series. Recent surveys resulted in new information and it resulted in updated documents. I have added these updated documents in CGBD. The efforts are in progress to make CGBD online.

Lets Begin 'Herbal Tea Revolution'

Pankaj Oudhia



Abstract

Although around the world rich knowledge about different types of Herbal Teas is available but still we are not having True Herbal Teas full of health and taste. There is need to think and work on this unexploited field.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

On request of my father I tasted commercial Herbal Tea having many similar as well as important herbs like [Asgandh](#) and [Mulethi](#). You will be surprised to know that this was Herbal Tea no. 5500 plus as I have tasted thousands of Herbal Teas and most of these are not available as commercial products. The commercial Herbal Teas talk more about the health benefits but one thing is same in all these Tea and that is its odd taste. We are fond of routine Tea and also aware of its harmful effects. We want to get rid from it. We need some promising healthy as well as tasty alternatives. In name of Herbal Teas when simple decoction is served I always raise objection. Through well-tasted Herbal Tea we can bring new revolution. It is still unexploited field around the world. I suggest the new entrepreneurs to come in this field and serve health with good taste and earn dollars.

In [India](#) when Herbal Tea is served in urban regions you will find similar taste of [Sonth](#), [Kalimirsch](#) and [Lavang](#). Many times the natives simply boil [Lemon grass](#) leaf with [routine Tea](#) and serve as Herbal Tea. In rural and forest regions of India the natives as well as [Traditional Healers](#) still use thousands of Herbal Teas. Many of these Teas are known as Kadha (Decoction) but the procedure adopted is similar to Tea we prepare at home. These Teas are served as main as well as supplement medicine. There is no doubt about its effectiveness but most of Teas are not having good taste. I see it as constraint for its commercialization but the Healers have nothing to do with its commercialization. I want to educate as well as motivate the youth to adopt Herbal Teas in place of routine Tea and get health without any medical support. Majority of campaigns fail because youth never get ready to take the Herbal Teas having bad taste.

I am aware that routine Tea is also a Herbal Tea but the modern research have proved that the regular use of this Tea is having many side effects. It is part of common Indian life and in most of the cases the natives take it in excessive amount. Few years' back I visited the Tea growing areas and surprised to see the heavy use of pesticides and other agro chemicals used in production. Through our routine habit of taking Tea this poison is coming into our body. Although I am in search and promotion of Herbal Teas since long time but after this visit I have expanded my campaign.

Few days back I presented specially prepared home made ten types of Herbal Teas to my friends. In most of the preparations I blended herbs with routine Tea leaves. The responses were encouraging. They selected two Teas and suggested me to work on it. These Teas are for hair growth and for general weakness. The Teas for Diabetes and hypertension were rejected because to its bitter decoction like taste. I am aware that through modifications these Teas can be improved. I give emphasis both on its health benefits and taste.

I feel that there is need to popularize the Herbal Teas around the globe. That is why I am writing this article. I see Herbal Teas as panacea i.e. sure cure for all diseases. If you are having poor sleep then take Tea no. 22 and if you are having eye related problem take Tea no. 80. I am not restricted to its commercialization. For common natives there is need to include the information about these Tea in school

text so that this knowledge will remain for generations. This knowledge will help them in cases of emergencies. For farmers I have planned to prepare Teas from the [weeds](#) growing in surrounding. Although Internet is having much information on Herbal Tea products but still I am waiting for 'Herbal Tea Revolution'.

Related Ecoport Articles

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh. 1. Ama Patta Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.2. Kachnar Chhali Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.3. Amla Phar Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.4. Safed Dasmath Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.5. Khair Chhali Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.6. Semar Chhali Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.7. Hingot Chhali Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.8. Safed Daag Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.9. Hichki Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.10. Dard Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.11. Takut Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.12. Madi Peera Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.13. Doomar Chhali Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.14. Pelea Bar Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.15. Mehndi Patta Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.16. Safed Doobi Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.17. Nimbu Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.18. Rudraksh Jadi Ke](#)

[Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.19. Supari Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.20. Kokam Ke Chai](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.21. Chhoti Ilaichi Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.22. Sarphonk Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.24. Daadmari Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.25. Chakunda Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.26. Kasaundi Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.27. Gunja Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.28. Chhui-Mui Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.29. Tinsa Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.30. Mungesa Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.31. Vakeri Ke Chai.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.32. Senji Ke Chai.](#)

[Some promising investment projects for proposed Food Park in Chhattisgarh, India.](#)

[Artemisia annua; the plant, production, processing and medicinal applications.](#)

[Sesame and Safflower Newsletter 20 - 2005.](#)

[Traditional Medicinal Knowledge about medicinal herbs and insects in Indian State Chhattisgarh: Results of Ethnobotanical surveys conducted in year 2005.](#)

[Traditional medicinal knowledge about herbs and insects used in treatment of Sickel Cell Anaemia in Indian State Chhattisgarh.4. Use of Kusum.](#)

[Traditional medicinal knowledge about herbs and insects used in treatment of Sickel Cell Anaemia in Indian State Chhattisgarh.10. Use of Sacred plant.](#)

[Traditional Medicinal Knowledge about Herbal Tea in Indian State Chhattisgarh.23. Charota Ke Chai.](#)

[Traditional medicinal knowledge about herbs and insects used in treatment of Sickel Cell Anaemia in Indian State Chhattisgarh.29. Use of Hansraj.](#)

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Original Research Document

<http://ecoport.org/ep?SearchType=earticleView&earticleId=933&page=-2>

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Be Careful! Wrong Herbs Can Take Your Life.

Pankaj Oudhia



Abstract

Herbs are having capacity to cure all health troubles but donot take it lightly. The use of wrong herbs can produce negative effects. Take the help of real experts for the purchase of genuine herbs. Afterall it is a decision that can affect your life seriously.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few days back I suggested my friend interested in taking the pictures of medicinal herbs to buy herbs from local herb shop. I prepared list of 200 herbs. After getting the herbs when I checked it randomly I found that many of the herbs are different from the list given to the shop owner. Later I found it as a serious mistake because in place of [Charota](#) seeds the seeds of poisonous [Datura](#) were given. In pocket of [Bhatkatiya](#) roots I found the bark of [Neem](#) tree, whereas in pocket of [Sudarshan](#) I found [Sarphonk](#). This was serious mistake really. When I complained it to the shop owner he refused to accept the fault and said that he is giving herbs on the basis of his long experience in this trade. Are all herb owners are in same track? To confirm this I collected random samples from over 15 shops. Mistakes were common in almost all shops. We are safe because we have taken these herbs for photography but imagine the condition of the patients taking these herbs for preparation of medicine. True identification of herbs is universal problem. It is believed that the herbs are free from harmful effects. It is not true. The use of toxic seeds of *Datura* in place of *Charota* will be lethal in all ways.

The basic problem is the local names of herbs in this trade. As you know the local names of herbs change in every kilometer. When I was conducting Ethnobotanical surveys in Bagbahera region on [Indian](#) state [Chhattisgarh](#) my field workers informed about herb useful in treatment of urinary troubles. When I asked the local farmer about its name. He replied ‘Teen Singhia (Having three spines)’. Another said it is *Dukonia* (having two angles). In next village the natives informed that it is Van Kachra (Waste plant). The Healers at this village said that it is Chhote Kuthua (Small [Xanthium](#)). In literatures I found its [Hindi](#) name Gokhru. In Pithora region the natives showed me the plant of [Acanthospermum hispidum](#) as *Dukonia*. In [Dhamtari](#) region a wild spiny herb is having the name Chhote Kuthua. The local names are very important and speak much about herbs and its medicinal properties but the scientific name is having different importance. This name is same around the world. Gokhru is known as [Tribulus terrestris](#) universally. The scientists around the world are having no confusion in it like local names. Although the scientific names look very difficult and most of the common natives want to keep distance with these words but while purchasing any herb its use help a lot.

I would like to quote the example of a herbal shop in capital city [Raipur](#) where in early days the shop owner was not only keeping the reference books with scientific names and pictures near his desk but also selling the herbs with great care. Every one selling the herbs must follow this system. He is not with us but his sons are running the shop. Unfortunately they are not adopting this practice.

I get mails asking about the names of companies providing genuine herbs. Frankly speaking I have no complete faith on any company. I simply request them to send the herb sample and after receiving it I test it through scientific and traditional methods and give my comments. If the herb is unknown to me I forward it to other expert. I also suggest them to avoid self-medication. Follow the advises of the experts and take any herb as medicine under their strict supervision. They will inform you about the genuine source. Many youths approach to me with problem of premature hair falling. I humbly suggest them to meet the [Traditional Healers](#) and take medicine from them. The youths want the name of medicine for confirmation but the Healers keep it secret. I try to resolve the problem by saying that you must have faith in experts before starting any medication. The Healers are one of best sources of getting genuine herbs.

There are hundreds of companies claiming that they are providing pure herbs. As I always mention in my articles that most of the companies adopt GMP (Good Manufacturing Practices) but they don't adopt Good Harvesting Practices. The Traditional Healers are aware how to enrich herbs with medicinal properties. They practice Traditional [Allelopathic](#) Knowledge. Unfortunately when standards for GMP and GHP are prepared these Healers are not consulted. These norms are prepared by the so-called experts and researchers not aware of traditional healing methods and other ground realities. As result the consumers fail to get the genuine herbs full of medicinal properties. It is common problem around the world.

Before ending this article I would like to repeat it again that be careful while purchasing any herb. Take the help of real experts and avoid self-medication.

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[Plant species used as substitutes, alternatives and adulterants in medicinal species of economical importance.](#)

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Original Research Document

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Organic farming of Indian medicinal and aromatic crops: Need for the promotion of Neem like indigenous herbs having immense potential.

Pankaj Oudhia



Abstract

In [India](#) the natural forests are rich in [Neem](#) like thousands of herbs having potential to act as promising tools in organic farming of medicinal and aromatic crops. There is need to exploit its hidden potential with the help of real experts i.e. the Traditional Healers and natives, living in forest and rural regions with these herbs since time immemorial.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few years back I was very happy and satisfied with my experiments on organic farming of Indian medicinal and aromatic crops. At that time the [Chhattisgarh](#) farmers were growing over 20 crops including [Safed Musli](#), [Kasturi Bhindi](#), [Kevatch](#), [Bach](#), [Asgandh](#), [Sarpagandha](#), [Bramhi](#) etc. We were using all organic inputs described in reference literatures. As the cultivation of these crops was new concept we were not having much options. The farmers were suggested to use cow dung and cow urine and among herbs the promising name was of [Neem](#). The combination of cow urine and Neem in different proportions was useful from seed treatment to post harvest treatment. The farmers were happy to see the effect of natural materials. These inputs were acting as insect repellent. One day I decided to present the crop produce to the [Traditional Healers](#) of [Chhattisgarh](#) to get their comments. Many of them raised question about the use of Neem in many produces. They explained that Neem is having unique properties but it is not a panacea. The use of Neem based products on [Paan](#) cultivation repels the insects but many times it turns the leaves bitter. Similarly Neem in higher concentration is harmful to Safed Musli crop. They suggested me to try other gifts provided my Mother Nature to us. Neem is one of these gifts. They further explained that my organic inputs are resulting in good production but affecting the medicinal qualities of many crops. This was shocking lesson for me. Although the drug companies purchased the produce without any complaint but I believed in Traditional Healers, the real experts.

Since 1994 I am collecting and documenting the information on traditional pest management practices in different parts of Chhattisgarh. I have observed that our farmers are having rich knowledge although they are not honored by the scientific community. The Healers suggestion motivated me to work hard and collect the information more sincerely. During my job at Indira Gandhi Agricultural University, [Raipur](#) I got opportunity to conduct detailed Ethnobotanical surveys in Bagbahera region. It was blessing of late Dr. A.R. Pal. In Bagbahera the senior farmers are having rich knowledge about herbs having insect repellent as well as killing properties. Once our vehicle punctured in jungle and we got opportunity to interact with the natives curious to meet us. At night they burnt specific leaves to repel the harmful insects. It was really effective. They informed that they use it as promising mosquito repellent. Its name was [Bhirra](#). Later I tried the leaves and found it very effective not only as mosquito repellent but also useful in organic farming. Its extract is useful for seed treatment of many medicinal crops mainly Kevatch.

During my visits to Kondagaon the natives showed me [Karra](#) plant. They use it to manage the pest in [rice](#) crop. As you know the long war between pesticide and researchers have made the insects resistant to most of the available agrochemicals. The natives claimed that this plant is more effective as compared to the many modern agrochemicals. Later I found it true. Through surveys I collected information on 2500 types of herbs. When I showed the list to the Traditional Healers, once again they gave me shocking lesson. They suggested me to go to the forest, the Nature's experimental fields and try to learn the Nature's way of cultivation. The herbs present in surroundings of any specific herb in forest not only enrich it with medicinal properties but also protect it from diseases and insects. There is need to use the inputs from Nature's field. I followed their instruction and three years continuously observed the experiments of Mother Nature specially the natural growing of Safed Musli. I learnt much and received precious gifts from Mother Nature. I discovered over [13 new types of Safed Musli](#). I observed the selection criteria adopted by the wild animals in selection of wild herbs. Also the natural process through which insects feeding on medicinal herbs earn medicinal properties.

Today to stand in global market there is need to grow the crops organically. Our research organizations have done a lot for the agrochemicals but we are having very limited options for organic farming inputs. Farmers are eager to adopt organic farming but no one is ready to guide them. Neem has won the hearts of world. We have done much in the field of Neem research. We are having thousands of herbs like Neem, even more powerful. Many of these herbs are endemic to [India](#). Through systematic research we can become world leader in this field. There is need to use traditional knowledge for crop production. There is no more need for re-search. There is need to take bold step and give the real experts a chance to decide the direction of agricultural research. The highly paid researchers must be advised to go inside the forest and rural regions and to document the information available with the real experts. The key of our future is with these experts. They know the secrets of Mother Nature's experimental fields.

Related Ecoport Articles

[Cow Urine and Dung: The Panacea for All Problems of Crop Protection and Production.](#)

[Panacea of healers - MATI, the Soil.](#)

[Use Weeds to Weed Out the Sickness.](#)

[Expert Tips on marketing of Indian medicinal and aromatic crops. 1. Gloriosa superba.](#)

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Original Research Document

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Where are the light emitting medicinal herbs?

Pankaj Oudhia

Abstract

Although the search for light emitting medicinal herbs is still incomplete in forests of [Indian](#) state [Chhattisgarh](#) but the claims of natives and Traditional Healers still seems true. This article gives information about the efforts done so far in this direction by the author.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

‘Jagmag Laataa mil Gaya’. For the third time I got the phone call from the [Bastar](#) region of [Chhattisgarh](#) during this rainy season. Always I found great confidence in the voices. Without any delay I reached to them by traveling over 300 Kms by road. But they failed to show me the ‘Jagmag Laataa’ means the light emitting plants. Since 1994 I am searching such plants in different forests of Chhattisgarh. The natives and [Traditional Healers](#) know that I am eager to see such plants. As result they make phone calls. I have received hundreds of calls in these years. My botanist friend says why you are wasting time in this? There are no such plants on earth. I know what he is saying. He is saying on the basis of information available in reference literatures. But these literatures are not having all information about Nature. When someone will report it then the literature will include it and our friends will start saying that such plants occur. The Traditional Healers of Chhattisgarh claim that the light emitting plants are present in forest. I believe on them blindly. I see no harm in it. But you can ask that seeing is believing. Have you ever seen such plants? My answer is positive.

After completion of my studies I got opportunity to conduct surveys in Gandai forest region. One night

during winter the Traditional Healers suggested me to visit nearby hilly region. From distance they showed me the forest on hilltop. They pointed out a tree emitting light (?). The tree was too far as mentioned. I have seen it but not convinced because I wanted to see it closely. It was not possible to reach the point at night. Early morning we reached the point. The Healers failed to point out the tree we have seen during last night. I found the spot rich in [Parsa](#) tree population. We decided to camp there at night but we found nothing except rich population of [Jugnu](#). [Jugnu](#) emits light but not much light that can be seen from far. Although the scene is still in my mind but I discuss it rarely because every one wants proof.

In ancient literatures the description about light emitting herbs is given. Even in [Ramayana](#) I found reference about it. Many modern experts say that in early days we were having such herbs but now we have lost it? How? They have no answer. During my surveys I found many rich men from metros approaching to the natives for these herbs. They are ready to pay any amount for it. Like me they also believe that this herb exist in the forest of Chhattisgarh.

Many years back I surveyed the Devbhog and Mainpur regions superficially. I wanted to establish the relationship between the tree arrangement and availability of precious minerals. During surveys I got information about light emitting plants. The natives informed that they have seen it from distance. These herbs are having enough light to make anyone blind-they claimed. During my training during studies I heard about it from the Bengali Traditional Healers of Ajirma region of Ambikapur region. With the Healers I dared to visit the marshy regions of Rengakhar. I found many rare herbs except the light emitting herbs.

Through interactions with the Traditional Healers I collected much information about such herbs. They associate light emission with the vitality. The patients at last stage of any serious disease are given such herbs, when all available herbs fail to give the desired effects. The Healers of Bastar region informed that they use it as last hope for the patients having bite of deadly snake. I have mentioned in previous research articles that the Healers having expertise in treatment of different types of [cancer](#) use the bark and roots of such herbs. On regular request many Healers of Bagbahera region showed me the herb parts. But I found no light emission in it. They claimed that during collection it was emitting the dull light. As these Healers don't sell such herb parts and even not take fees for the treatment I have reason to believe on them.

I am aware that few years back the members of Andh Shraddha Nirmulan Samitee visited the Bhimbora village to find out the facts of light emitting wood piece. A little girl collected it from [nallah](#) and after that the villagers started worship of both girl as well as wood piece. Later the expert of Ravishankar University, [Raipur](#) explained that the emission was due to fungal species. Many such fungal species have been reported. Unfortunately at that time I was not member of this organization. I missed the chance to see the wood piece. No one knows where it is at present. The members informed me that when they brought it to Raipur its emission power was reduced. I am still in search of that wood piece. I want to show it to the Traditional Healers. I am aware that they will say nothing but little glittering on their eyes will say everything.

I am writing this article to aware you about the information available on this aspect. So next time when some one will say that the 'Jagmag Laataa' is present in nearby forest without any delay walk with him to the forest and bring the herb for the benefit of thousands of dieing patients around the world.

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Possible ways of managing poisonous snakes in urban homes.

Pankaj Oudhia



Abstract

Snakes are considered as dangerous enemy in urban homes. The natives kill it without any delay by ignoring the fact that all snakes are not harmful. The present article suggests possible ways of keeping snakes far from urban homes and also gives details about some less discussed parts of this important problem.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few days back daughter of my family friend showed me long snake like herb part and informed that through this part they are protecting themselves from snakes. She named it as Garud Phali. I identified it as the dry pod of [Stereospermum personatum](#). How it is used? When I asked, she replied that we have kept it in bookshelf at our home. She got information about it from local newspapers and my friend purchased it in high price without any delay. Have you ever tested it? He said no but it is effective, the other people also say. Yesterday I got phone call from him that long snake entered in their home and now they need easy way to kill it. What about the Garud Phali? He replied that it is not working.

For the first time I got information about Garud Phali from the tribal of [Bastar](#) region. As a student of second year I was in Bastar to meet the well-known herb expert Shri Vishal Bharat. At that time I purchased it in 50 paise. I showed it to Shri Bharat and asked about it. He explained that Garud Phali is effective against snakes but in general common people include all snakes in one category. If kept in possible entries points in homes it works as repellent in most of the cases for specific snakes specially Cobra. For real effect the pod must be long and having look like snake. I am not aware of snake psychology but long pod creates the image of presence of strong enemy. Is it hundred percent effective in case of Cobra? He replied no one could say so. For hundred percent surety there is condition that the Cobra must also know the rule.

I passed much time especially during vacations in my village Khudmudi. During rainy season snakes are common in rural homes. Before taking decision to kill the invaders the villagers were always trying to identify the type of snake. All snakes are not killed. Only poisonous snakes are killed by them. This practice is still common in rural and forest regions. Most of the villagers are farmers. They know the importance of snake population around them. Mother Nature has sent it to control the population of notorious rats. In urban regions when any snake enters in home we decide to kill it anyhow without any delay. Although we are known as educated but we are having no ideas about poisonous or non-poisonous snakes. Even modern medical experts are also less aware of it. Few days back I approached to the modern medical expert with patient having bite. Snake was with us in bottle. The expert surrendered and said blankly that we have to wait for twenty-four hours. If symptoms will appear it means snake is poisonous and vice-versa. Snakebites are common in [Chhattisgarh](#) and other parts of [India](#) but unfortunately we are not having real experts for natives living in urban regions.

I receive many letters around the world with one question 'Suggest ways to keep snakes at bay'. Although through Ethnobotanical surveys conducted in different parts of Chhattisgarh I have prepared list of over 800 herbs having snake repellent properties but I have tested very few. Most of the herbs are very specific to snake species. No one knows that the snake of which species will appear in homes. So planting of all species in one place is not possible. It is positive point with these herbs that these herbs can also be used

in treatment of snakebite. After all suggestions the natives plant exotic plants in their home gardens. We know that many of these plants are toxic to children and pets but by seeing its beautiful flowers we ignore all dangers. I suggest the natives to plant indigenous herbs like [Sarpagandha](#), [Adusa](#) and [Nirgundi](#) in their gardens. These herbs are having many uses other than snake repellent properties. By planting these herbs one can keep his or her family free from common health troubles. For example, Adusa is promising remedy for respiratory troubles whereas Sarpagandha can give you sound sleep. For different zones of India I have prepared different groups of plants. One must not expect the best performance of Sarpagandha in desert climate. It will perform better both as medicine and snake repellent plant in Central India. General knowledge about common snake species in any area helps me a lot for suggesting plants.

Through the interactions with snake charmers I have collected much information about herbs or herb parts that looks like snake. Many charmers give snake like shape to specific herb parts as shown in [this link picture](#). It acts in promising way. They give it to the natives with instruction to keep it in possible entry points of snakes. There is a need to study the science of its use. I feel that information about [different snakes](#) and these snake charmers must be added in school text with practical classes so that our coming generation can respect these creatures. Our 'See and kill' concept is making cities free from these snakes and giving full opportunity to rats to live and spread epidemics.

In general the senior family members try to kill snakes with the help of stick when it enters in home. I am seeing my father adopting this dangerous technique since my childhood. He is not trained. He faced awkward situations many times specially in case of long snakes. So what is suggestion for such senior family members? Although it looks very cruel method but from the herb collectors of Southern Chhattisgarh I got this promising method. Snakeskin is very sensitive to hot water. Application of boiling water on snake can kill it within seconds. But be careful while using it. Self-protection from boiling water is must. As the senior natives of Chhattisgarh always say that don't kill the snakes and if killing is inevitable then kill it completely. Injured snakes are more harmful.

At last but not least I would like to mention the snake repellent method adopted by the workers of [Bhilai Steel Plant](#). My engineer brother informed that by keeping the bottle having carbolic acid in car garage or at home one can get complete protection from snakes. Its smell is odd to snakes. I have asked for sample so that I can verify it.

I am aware that such methods are not discussed commonly in modern articles but I feel sharing of information gives new ideas and new ideas make our lives better and safe. You are requested to share your views also.

Related Ecoport Articles

[Snakes Are Managed Through Snake Attractant and Repellents Herbs.](#)

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[Traditional Medicinal Knowledge about medicinal herbs and insects in Indian State Chhattisgarh: Results of Ethnobotanical surveys conducted in year 2005.](#)

[Traditional medicinal knowledge about herbs and insects used in treatment of Sickle Cell Anaemia in](#)

[Indian State Chhattisgarh.14. Use of Rainy season potherb.](#)

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[Lightening is benefical too.](#)

[Use Weeds to Weed Out the Sickness.](#)

[Diar \(Termite\) Can Help You In Fight With Diseases.](#)

[Snake diversity in Raipur district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

[Snake diversity in Durg district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

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[Snake diversity in Rajnandgaon district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

[Snake diversity in Kanker district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

[Snake diversity in Bastar district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

[Snake diversity in Dantewada district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

[Snake diversity in Mahasamund district of Indian state Chhattisgarh. \(With colored pictures, local names etc.\)](#)

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Possible ways of managing Scorpion and its deadly sting through traditional medicinal knowledge.

Pankaj Oudhia

Abstract

We all want protection from deadly scorpion and its sting. Herbs can play vital role in this regard. The present article gives details about author's experiences on useful herbs and other possible ways for management.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Since childhood I am seeing free service of my grandfather. In seventies villages were much far from the modern medical facilities. In case of scorpion sting the patients were coming to my grandfather. His treatment was scientific as well as simple. By putting pinch of potassium permanganate powder on spot and applying few drops of citric acid he was curing the cases. The combination burns the spot and makes it free from venom. Although this formulation was open to everyone in the village but the villagers were

coming to him to get treatment as well as blessings. Potassium permanganate is known as Lal Dawa in villages and it is used to clean the well water. In place of Citric acid one can use the juice of [Lemon](#). My grandfather passed away but this formulation is still present in my father's first aid box. I have tried this method successfully during my surveys in forest regions. It is not wrong to say that it is universal formulation and can be used with success in any part of the world.

During 1994 when I was using this formulation in forest region of Machkot the [Traditional Healers](#) of this region suggested that they have more simple formulation for this sting. In case of scorpion sting they simply crush the same scorpion and apply it in paste form in the spot. It acts in promising way. Later I found this information in reference literatures related to different systems of medicine in [India](#). For the first time I tried it in Bagbahera region when my field workers got sting during survey. Surprisingly I failed to get the desired effects. It showed that I have not noted the formulation completely. Later the Healers of Bagbahera region informed that this way is useful in case of black colored scorpion not in case of common brown scorpion found in grasslands. This was new lesson for me.

Few days famous Gynecologist of [Raipur](#) requested me to suggest herbs that can prevent the entry of scorpions in her hospital. She is having the cases of scorpions bite daily. She uses painkillers and other drugs but according to her 'Still it takes much time for complete cure.' The name of first herb came in my mind is of [Chirchita](#), a common [wasteland weed](#). Since time immemorial the natives of [Chhattisgarh](#) are using this herb both as scorpion repellent and as remedy to treat scorpion sting. During my surveys in Ambikapur region I observed its practical uses many times. The Healers of this region extract the juice of this herb and smear it on hands. [Scorpion](#) is allowed to climb on hands but due to the effects of juice it hesitates to sting. Through this demonstration the Healers try to convince natives about its effectiveness against scorpion and its sting. I have planted and also suggested many friends to plant it in home garden in order to avoid the entry of scorpions. The knowledge of the Traditional Healers is not limited to [Chirchita](#) only. They are having hundreds of herbs for this purpose. I have documented this important traditional medicinal knowledge.

I have observed that the natives of urban areas take the problem of scorpion more seriously than the natives of rural areas. I passed one horrible night few years back in [Lateritic](#) wasteland of Tilda region. It was the agricultural farm of [Kolkata](#) based businessman. At night I saw at least six scorpions roaming near the base of my bed. I shouted to my client. He replied without any tension "Sleep without fear. It will not climb on your bed. Next morning they will go their homes". He was saying true. Next morning I suggested him to plant scorpion repellent plants around guest room but he refused the proposal by saying that it don't harm us. Near to his farm I got chance to visit herbal farm of [Shri Deen Dayal Verma](#). The [farm workers](#) informed that scorpion sting is common during fieldwork. I suggested them the use of potassium permanganate. As return gift they showed me [leguminous tree leaves](#). They simply rub the leaves in affected part and within seconds get rid from pain. I am in process of identification of this tree. It was good to see that the workers are disseminating this knowledge to all visitors without taking any charges. How you have discovered this use? They replied "Accidentally. In case of sting they still try all available herbs with hope to get the promising new herbs in this way." I consider these workers as real experts and scientists working without hi-salary as well as hi-budget projects.

In urban region of [Raipur](#) city I found interesting use of common disinfectant as scorpion repellent. The natives use Phenol based products to clean homes. They apply it in concentrate form at the possible entry points of scorpions. It is applied twice a day during rainy season and once during rest of the year. It provides fair protection from scorpions as well as snakes. Many times this application fails to give the

desired effects. This failure is having reason. In market both cheap and costly Phenol based disinfectants are available. According to the experienced natives the sharper the smell higher will be the chance of protection. When I was working at Indira Gandhi Agricultural University, [Raipur](#) my professor Dr.R.N. Ganguly who was living in damp area of Telibandha pond informed that use of good quality phenol is the best method he has used to prevent scorpion entry.

During recent visit of [Bastar](#) region the natives of [Lohandiguda region](#) showed me [Bagnakha](#) plant and informed its scorpion repellent properties. [Bagnakha](#) is rainy season weed and it is used as traditional medicine. I have decided to try it in next season.

In India deaths due to snake and scorpion bite are quite common. Unfortunately our research is not focus on its herbal treatment. The modern experts warn the natives to avoid indigenous treatment and go directly to the Allopaths. But it is ground reality that Allopaths are not available everywhere. In such situations herbal treatment specially the use of herbs present in surroundings can play vital role. Indian Ethnobotanists have prepared a long list of useful herbs. There is a need for scientific confirmation. I feel that immediate attention is needed in this regard as it is a question of many innocent lives.

Related Ecoport Articles

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[My Experiments and Experiences with Homoeopathy in treatment of Scorpion bite.](#)

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Can rare herbs make you rich?

Pankaj Oudhia



Abstract

It is common belief among the natives of many parts of [India](#) that rare herbs bring good luck and prosperity. Although at present we are not aware of its scientific aspects but this deep rooted faith forces us to establish the science of this faith. This article gives details of author's experiences with these herbs and information related to it.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few days back I was invited for dinner by the rich businessman. We discussed lot about herbs and its uses. When we started discussion on herbs used in Tantra activities he showed me an herb part covered with red cloth. According to him this herb part is very lucky for him and brought prosperity. I was heard about this businessman that he is very hard working gentleman but now he is giving all credit to that specific herb part. I asked him about it. He replied in simple way that this herb part forced him to work hard and sincerely. As a student of science it is hard to believe in such claims but as traditional knowledge researcher I have to believe on it at least for the purpose of documentation. May be in coming years the science will establish relationship between hard working and herbs. I examined the herb part carefully and found it as part of rare orchid. Last time I observed it in natural forest of [Barnawapara region](#).

Next day I decided to visit the Barnawapara region. My local contacts informed that the collection of this orchid along with other orchids is very common in the region. In general orchid is known as Banda. I asked them about its uses. Many of them informed that the rich natives give good price for it and to some extent it is purchased by Tantriks. In general Tantriks collect it by themselves after adopting traditional rituals. The senior Healers of this region informed that earlier this orchid was in abundance in the region

but now the collectors are collecting it in bulk not only for the buyers of [Chhattisgarh](#) but also for the national as well as international buyers. It is not good news at least for the experts associated with herb conservation.

In Chhattisgarh hundreds of orchid species grow in forest. Majority of these orchids are having therapeutic values and used as traditional medicine. The Healers having expertise in treatment of so-called incurable diseases use it alone and in combination with other herbs. Unfortunately not much work has been done by modern experts for its identification and listing. I am having long list of local names but I am still unable to establish its scientific names. As I always write the Healers of Chhattisgarh are aware of non-destructive sustainable harvesting methods. This is the reason why its collection for medicine is still not a threat for its natural population. Its increasing demand as thing of good luck and prosperity is alarming and need immediate attention.

Although it is hard to believe but the natives of Chhattisgarh are aware of at least [350 species of herbs](#) having capacity to bring good luck. They plant these species in home garden. Many species grow as [weeds](#) like [Safed Fudhar](#). No one uproot it. It is worshiped. The rare species are purchased from the herb vendors or local herb shops and kept carefully in cash box. Although local newspapers publish news as well as articles that it is nothing but blind faith but this faith is having very deep root in our society. Long list of herbs and never ending information about its potential uses force me to believe on it and document all the information in original form.

How much you get by selling these rare herbs to rich natives? When I asked to herb vendor of Kanker region he replied that in general Seth (rich man) decides the rate. It is general understanding that bargaining must not be done in order to get real effects. In short, the herb vendors get fair prices. Whether 'Seth' uses it for himself and family members or it is sold to third person? No, no, he purchases it for himself- the vendor replied. But reality is different. Many of the 'Seth' are middlemen and they sell it to the buyers at Indian metros in very high prices.

During Ethnobotanical surveys conducted in different parts of Chhattisgarh I have observed that many Healers also believe in the use of herbs for prosperity but their views are different from that of the businessmen. According to the Healers of [Bastar](#) region many of these rare herbs are used for bringing sound sleep. These herbs are either used internally or kept near head during sleep to achieve this target. Sound sleep means good health and in business tension in general the businessmen get less sleep. According to the Healers of Ambikapur region many rare herbs are having essential oil. In early days when cash boxes were not safe many rich natives were keeping these herbs in it. In case of theft due to odd smell or irritation of these herbs thieves were hesitating to open it. These Healers further informed that possibly due to this reason the stories of herbs and wealth relationship have emerged and herbs are still having place in modern cash boxes. The Healers of Pendra region suggest the natives to keep such herbs in contact with body by any means in order to get real effects. By keeping it in cash box one cannot get the desired effects. I have noted that many rare herbs are having capacity to purify the air. Its presence gives good health to family members and we know that the biggest wealth is good health.

The above comments clearly show the need for wider discussion on this aspect in different parts of [India](#). Also there is need to establish the science of this belief. From my experience I believe that only effective measures and remedies last up to many centuries. I see science, although hard to explain, in this traditional belief. It is also true that new users of this knowledge are not completely aware of actual

purpose and method of use. There is need to educate them again.

As member of Andh Shraddha Nirmulan Samitee I was delivering lecture in shade of [Harra](#) trees on June fourth, 2006 at Mainpur. I found rich population of orchid on these trees. During lecture I informed about the faith associated with these species. At the end of lecture many natives approached to me with new lot of information. Many of them were ready to demonstrate the use of these orchids. I am planning to visit the region again for long time survey. Through this article I would like to request the researchers living in orchid rich region to collect interesting stories about it and also list out the local species. In my lectures I always suggest the young herb collectors to protect rare species and harvest it by adopting traditional safe methods. I feel that the modern orchid and herb experts can play vital role in propagation of these rare species. It will generate new employment opportunities for tribal youth, revenue for state and also reduce the pressure on its natural population.

Related Ecoport Articles

[Nine New Species of Gunja \(Abrus precatorius\) Found in Chhattisgarh, India.](#)

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Want to look beautiful? Go to Chhattisgarh Farmers.

Pankaj Oudhia



Abstract

Chhattisgarh farmers are having rich traditional medicinal knowledge about herbs and insects. It is not wrong to say that they are having herbal remedies for majority of human health troubles. The present article gives details regarding farmer's knowledge about herbs used to look beautiful.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few days back I was at Beauty parlor with my friend. I waited in lobby for him. In showcase I found many herb-based products. After examine it carefully I found that most of the products were based on the home remedies used in different parts of [India](#). There is no charge for home remedies but the products were very costly. Later I suggested my friend to stop investing on these products unnecessarily and take the services of [Chhattisgarh](#) farmers to look beautiful. Beauty and Farmers? What are you saying? This question is not new for me and through my research articles I also try to explain that our farmers and [Traditional Healers](#) even common natives are having rich knowledge on different aspects. Proper use of this knowledge can keep us free from diseases as well as mental stress. Most of the ingredients of popular Beauty products come from the farmer's field as well as from surroundings.

I am starting with [Bhengra](#). Its scientific name is [Eclipta alba](#). It grows as rainy season [weed](#) in [rice](#) fields. Although the weed researchers are investing much to develop its management practices but farmers manage it through hand weeding. Farmers aware of medicinal uses use it fresh or keep it in dry form for year round use. The farmers aware of its marketing potential collect it for the local herb traders. They sell it to the traders and through this so-called unwanted plant they earn additional income. This is approach of our farmers. The weed experts recommend use of agrochemicals that kills the Bhengra,

farmers have to bear its high cost and also it pollutes our agricultural fields. If you are from rural background then you are aware of this plant. In school days we were using this weed to clean black board and to make it black. As medicine it is having capacity to make your hairs black. It is natural dye free from side effects. It is effective and most important is that it is free. When it reaches to the beauty product manufacturers they make different products and common Bhengra gets its new name Bhringraj. Bhringraj Tel or oil is very popular in India. I receive many letters with question that we have collected Bhringraj but failed to extract the oil. Really it is not possible to extract oil from it. But it is easy to make Bhingraj Tel. In general [Ayurveda](#) oils are made by boiling fresh herbs in any base oil. When all watery contents evaporate the boiling it stopped and oil is filtered. This is used as commercial oil. Isn't easy process? You can make it at your home and also give it as gift to others.

Today we are ready to invest thousands for drugs having anti-ageing properties. In India many companies are fooling the common Indian by presenting [Noni](#) juice as panacea to all diseases. Noni is not a remedy to all diseases. The Indians have to pay high cost because of their poor knowledge about this fact. Many weeds present in our surroundings are having anti-ageing properties. Bhengra is one of these weeds. In Ayurveda it is mentioned as Rasayana. Its use with milk can develop your resistance power and you can reduce medical expenses to great extent.

It is really surprising that in the name of beauty product now different soils are available at high prices. These soils are available everywhere then why we are investing unnecessarily? After reading my articles many youths approached to me with complaints that by using black soil for hair and face care they are getting irritation. From where you have purchased it? They replied from local herb shops. Many of them were used commercial products. I suggested them to go to villages for the collection of pure soil. The soils present in our modern cities are full of pollutants. It may produce more harm than benefit. Take the services of senior farmers. Many times young farmers give soil from [rice](#) field where chemical farming was practiced. Such soil is also not good for skin. Black soil near river free from pollutants is best for use. I have mentioned in previous research articles that the farmers and Traditional Healers are aware that the herbs growing in these soils are having capacity to enrich it with medicinal properties. This enrichment can be explained with the help of science of [Allelopathy](#). If you get the experienced farmers no doubt you will get the medicinally rich black soil.

In ancient systems of medicine constipation is considered as root cause of all diseases. Good digestion and clear motion are directly associated with your beauty. Chhattisgarh farmers are having many herbs that can keep you free from common problem of constipation. For different seasons they will suggest different herbs. The use of [Charota](#) in form of curry during rainy season and use of [Bathua](#) during winter season is common. For your dental care they are having long list of [Dataun](#) and herbal combinations that can be used as promising alternatives of modern chemically rich toothpaste and powder.

Have ever taken a breakfast of [Mungesa](#) with Tea of [Charota](#) or [Sarphonk](#). Try it and it is my claim that you will forget the taste of commercial coffee and Tea products. These herbs are present with the farmers. Since few years farmers have started cultivation of medicinal herbs like [Aloe](#) and [Bramhi](#). You can get organically grown produce from them. Have you ever experienced the effect of face pack prepared from the herbs collected by your own hands? It really works in miraculous way and far better than costly cosmetics.

So why this simple herbs are not used? Modern youths are having many reasons. Most of them want the

formulation or herb in ready-made form. They don't want to go to the farmers. I have suggestion for the authorities. As Chhattisgarh is declared as Herbal State already then why our authorities are not developing small cottage industries based on this traditional knowledge. It must be on profit sharing basis. The knowledge holder farmer or community must get their part. Unemployed rural youths can be encouraged to enter in this field and take the charge of manufacturing and marketing. We all know that there is no shortage of market for the pure and genuine products.

For the modern people living in concrete jungle one deep breathe in farmer's field can give immense relief from many troubles. Although industrialists are eager to end the monopoly of our villages in field of pure air but still our villages are having this Nature's gift. I suggest my friends to pass at least one day with Chhattisgarh farmers from morning to evening. Work with them. It is more beneficial than physiotherapy you do in modern gymnasiums. Prepare traditional dishes with them and provide real satisfaction of your body tired of taking junk foods. Always keep your family with you during this visit especially to children, so that they can learn about farmers and its hard working. It will help them to understand the bare fact that only with them our future is safe and healthy.

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Is Vashikaran through herbs really effective?

Pankaj Oudhia



Abstract

Is it possible to keep control over any one's body and mind with the help of certain herbs? The ancient knowledge about Vashikaran in [Indian](#) state [Chhattisgarh](#) describes about such interesting practices. In present article author has shared his experiences with this ancient knowledge.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

Few years back I was traveling from [Bastar](#) to [Raipur](#) during stormy night. I was in hurry because I have to reach anyhow early morning to Raipur to take [Delhi](#) flight. Near Keshkal hills I saw an old native standing near trees. It is not uncommon scene because the [Traditional Healers](#) of [Chhattisgarh](#) aware of uses of trees injured due to lightening take such risk to search it in stormy night like this. I instructed my driver to stop the car. I gave my introduction and asked him about the purpose. We started discussion and suddenly he suggested me to go to his nearby village. I followed him in dense Jungle. We discussed about different aspects of herbs whole night. When discussion focused on herbs used for Vashikaran I said clearly that as student of science I am having little faith in it. After seeing in my eyes he replied that this is because of Vashikaran you are here. You followed me in stormy night and ignored your other essential work it is nothing but the effect of Vashikaran. And without my will you cannot move an inch.

In [Hindi](#) for hypnotism Sammohan word is there but Vashikaran is word of higher degree. It can be defined simply that Vashikaran is a way to keep control on other's body and mind without touching. Is it possible? Since my student life I am reading literatures related to Tantra activities. These activities especially Vashikaran always attracted by attention. At first I invested much on cheap literatures but later for real details I started purchasing costly standard literatures. My interest on herbs also motivated me to

read about Vashikaran because mostly it is done with the help of rare herbs. After the experience at Keshkal I decided to document the traditional knowledge about herbs used in Vashikaran in [Indian](#) state Chhattisgarh and try to search the science behind it.

In ancient literatures related to Vashikaran the use of white flowered [Safed Fudhar](#) is mentioned in detail. The Tantriks of Chhattisgarh Plains showed me specially snake like structure of its roots. According to them this structure develops in Nature in very old plants. But it is very rare. Most of the times digging for this structure fails. They start digging on specific day and time. Wooden equipment is used for digging. The snake like structure of old roots is considered as [Hindu God Ganesha](#). It is worshipped by them. For Vashikaran it is used in many ways. According to the Tantriks of Khairagarh region they use the Gorochan and ghee collected from [cow](#) to prepare paste with Fudhar root. This paste is applied on forehead in form of [Tilak](#). They claim that the presence of this Tilak helps in Vashikaran. When they want to keep control over enemies they reach to them with this Tilak. I have seen this Tilak many times but never experienced its effects. The Tantriks of other regions prepare paste by using many other ingredients mainly herbs. All types are considered equal in terms of effects.

As researcher I am much afraid of decreasing population of [Kali Haldi](#) in natural forests of Chhattisgarh. I have mentioned in previous research articles that in the name of Kali Haldi tens of herbs are available. All are in danger because of its commercial exploitation not as medicinal source but as valuable source for Tantra activities. Kali Haldi is used for various purposes in Tantra but its use in Vashikaran attracted my attention. According to the users its use is very simple. They simply prepare paste from it with the help of cow urine and apply in same way on forehead. The Tantriks of Kanker region added 'Put point of blood on it in order to make it more powerful.' During surveys I noted its claims of success by the rich natives of Chhattisgarh.

During my visit to Bhavanipatna region of [Orissa](#) on invitation of herb growers to deliver guest lecture I presented my work on herbs used in Tantra in brief. Surprisingly I got encouraging responses from natives. They informed about many herbs with promising uses. A senior native informed about the [Nagkesar](#) based combination that is used externally for Vashikaran. In this combination Nagkesar is mixed with [Chameli](#) flower, [ghee](#), Kut and [Tagar](#) and paste is prepared. This paste is applied externally in form of Tilak before approaching to the enemies. I asked that Kut and Tagar are costly herbs and also rare especially in this part. They replied that both herbs are purchased from local herb shops. Many times they use local alternatives like [Keu](#) but it is less effective.

The information collected in few years is enough to give birth to big reference book. During this documentation work many questions came in my mind. When I asked the rich natives about the practical uses of these Vashikaran formulations they informed that during meeting with senior state officers and politicians they use it. When it fails to give the desired effects then they try higher versions. They are aware that Vashikaran formulations are in reach of many natives. Many times enemies are also using the same formulation. In such cases failure is inevitable. The Tantriks living in rural and forest regions use these formulations to keep control over evil spirits.

When with these formulations I met to the Traditional Healers of Chhattisgarh many of them accepted the existence of this knowledge. As this knowledge or belief is having deep root in our society it seems that it is effective to some extent because practices with poor efficacy loose its name with time. As the herbs used in Vashikaran are available easily at least for the researchers like me, I tried it many times but failed

to get success. The Tantriks forced me to at first develop faith on it. Only after this faith it will work. The Healers of Bastar region informed that most of the herbal combinations used in Vashikaran gives coolness to mind when applied on forehead. Nagkesar based formulation is used to treat the patients having Insanity as traditional formulation. Some of these formulations are useful for Insomnia. The senior Healers of Bagbahera region explained that application of these paste keeps the mind cool and when mind is cool success is always near. The increased level of self-confidence does the rest of job. It means it is mere psychological effect? There is no direct effect? The Healers of Ambikapur region informed that in early days the members of Royal families were using such Tilak especially during war and diplomatic negotiations. Now this knowledge is becoming obsolete. They warned that in the name of this ancient knowledge modern Tantriks are fooling the common natives.

The Healers of Gandai region accepted the existence as well as effectiveness of this ancient knowledge. Then why I am not getting success? They replied gently that the complete information is not available with every one. Collection and use of Fudhar or Kali Haldi are not the standard procedures. There are tens of Mantras and also Traditional [Allelopathic](#) Knowledge that makes the herbs really effective. It means what I have collected in these years is like a drop in ocean. Still I have to work hard to reach to the bottom of this ancient knowledge. The Healers further informed that this knowledge could be used for wrong purposes. In order to avoid its misuse it is kept secret. Possibly this is the reason the literatures give only superficial knowledge about it.

During my surveys I observed these Tilak on the foreheads of many Traditional Healers also. Very few of us know that Vashikaran formulations are also used to keep control over many diseases. When Healers use it they use it for their enemies i.e. different diseases. It is positive aspect of this knowledge.

I am putting all this information in front of you with hope that this article will start new nationwide discussion on this knowledge. My focus is to search and establish the science of this ancient knowledge. This will help our future generation to adopt it easily. If we want to serve the humanity with this knowledge then we must have to search its science.

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Is it possible to live up to thousand years?

Pankaj Oudhia



Abstract

Ancient literatures related to different systems of medicine in [India](#) as well as practicing Traditional Healers are having rich Traditional Medicinal Knowledge about herbs with anti-ageing properties and uses. This knowledge gives positive answer of this question "Is it possible to live up to thousand years?" This knowledge is waiting for recognition and utilization in frame of modern scientific research. The present article describes the author's experience with these herbs.

(More research articles by Pankaj Oudhia are available on-line at [Pankaj Oudhia](#))

Traditional Healing

This year's hunt for Bhui Parsa plant ended with no result like previous hunts. In the name of Bhui Parsa although I am aware of over ten types of plants but search of real Bhui Parsa is still on. We know about [Palash or Tesu](#) tree having [beautiful flowers](#). In [Chhattisgarh](#) it is known as Parsa. Red flowered Parsa is common but the natural forests are having rare yellow and white flowered Parsa also. But the name Bhui Parsa indicates any herb not tree. Its ancient name is Bhu Palash. It is mentioned in ancient [Ayurveda](#) literatures specially in writing of Shri Chakradatt that through internal use of medicinally rich Bhu Palash one can live up to thousand years and can do many marriages. These literatures don't write much about its identification. Bhu Palash is not available as commercial product. Also I have yet not found it in modern literatures but the traditional experts claim that this herb still exists on earth. I am searching it in Chhattisgarh since 1994. Bhu Palash is new name for the [Traditional Healers](#) but when I translated it into Bhui Parsa many of them confirmed its presence. In state many plants having similar name like [Bhui Neem](#) and [Bhui Aonla](#) are present. Detailed Ethnobotanical surveys resulted in many herbs having the name of Bhui Palash but when I showed it to the Healers they rejected it. Bhui Palash is not a new name for the educated natives especially interested in Tantra activities. I receive many letters from different corners of [India](#) having demand of this herb. Most of the letters offer any price for one plant. When herb vendors sell any herb in the name of Bhu Palash they take much price. The modern natives are not having testing methods but the Healers identify the true plants with the help of experience as well as traditional methods.

The Internet as well as modern literatures are full of information about anti-ageing drugs. I have written a lot on tradition medicinal knowledge about herbs and insects having anti-ageing properties in my previous articles. But still the search for more powerful remedy is on. In Chhattisgarh hundreds of herbs are used for this purpose. The Healers have rich knowledge on this aspect. Since year 1994 I am asking the Healers "Is it possible to live up to thousand years?" I got many positive answers but the most aged native I have seen was died in the age of 110 years. He was not having common problems of old age. His family members informed that he was taking some wild herbs throughout life. But his knowledge ended with him. Once I got opportunity to visit Amarkantak region with the king of Nagod Shri D.S.Parihar in search of rare herbs. We stayed at Ashram of famous saint. His followers informed that he is several hundred years old and through herbs it is possible. It was interesting information. Shri Parihar informed me that he is taking some medicines under his supervision. During travel I observed the use of Shilajit and [Guggal](#) by him along with number of herbal combinations. Later I got opportunity to interact with the saint. As I was beginner at that time I told about every information collected through surveys for good impression. He remained silent and informed nothing about his herbs. Shri Parihar suggested me to join his Ashram in order to get the secret. We came back. Now Shri Parihar is not with us. The famous saint is still at Amarkantak region.

The Traditional Healers of Chhattisgarh aware of herbs and insects having anti-ageing properties informed that although this knowledge is valuable for the modern natives but in rural and forest regions there is rare use of the formulations. As result this knowledge is in danger and there is need for its documentation. I have tried to do this job but still much knowledge is undocumented. The senior Healers of Kondagaon region informed that the use of such formulations must start before birth. Regular use of these formulations under the supervision of expert Healers throughout life may result in long life. Along with herbs the natives are suggested to adopt specific life style. According to them use of anti-ageing

drugs after entering in the process of ageing gives less significant results. I have mentioned in previous research articles that most of the herbs used in these formulations are having direct effect on natural body resistance. The Healers simply explain that less diseases during life means long life.

The ancient literatures related to different systems of medicine in India write much about medicinal properties and uses of [Harra](#). The Traditional Healers and senior natives are also aware of it. The natural forests are rich in Harra trees and fruits are collected in bulk every year as forest produce. During my interactions with the Healers of Southern Chhattisgarh I got interesting information on use of [Harra leachate](#) to remain disease free up to long time. They simply suggest to dip one big fruit of Harra in a bowl of water overnight and next morning take the leachate internally. This use must be continued whole life without break. This simple use protects from diseases and also keeps forever young. My family members are using it and also I have suggested my friends to start it without any delay. The simplicity in its use is big constraint. My modern medicinal expert friends put this question quite commonly that how this simple use can be so much effective? They don't believe in it. Through surveys I am aware of at least 100 Traditional Healers and herb vendors using it as traditional practice. Famous Homoeopath Dr. Sidhantankar has mentioned the use of this leachate for the troubles of old age. According to his book the use of Harra in this way prevent the problem of cataract as well as prostrate. It also provides relief in case of joint troubles. I see no harm in believing on it.

Since childhood I am learning about herbs and insects from native of Khudmudi village Dhuruv Pahatia. For the first time I learnt the use of [Rani Keeda](#), red velvet mite from him. Although he was not the practicing traditional knowledge expert but I found his knowledge at par of many famous Healers. He always told me that take this mite daily during rainy season in order to get long life. Later the Healers of other regions also confirmed it.

As researcher I feel that after documentation this knowledge through my research articles now there is need for its scientific evaluation in the frame of modern science. Although my work is focused on herbal wealth of Chhattisgarh but I believe that much knowledge is present in other parts of India also. There is need to take immediate steps for clinical trials as we are having modern experts with us.

As Ethnobotanist my job is to document the information in its original form. Many times I get confusing information. Many herbs having the name of Bhui Parsa is one of such examples. I have mentioned all the types with hope the modern research will found the real Bhu Palash with said effects. Is it possible to live up to thousand years? My answer is positive after documenting the rich knowledge of Chhattisgarh.

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Traditional Medicine must be given a chance as last hope.

Pankaj Oudhia



Abstract

Traditional Medicine can provide great relief to the patients having no hope as per modern medical science frame. Then why not it is given chance to serve such patients in modern medical institutes? In present article author has tried to discuss this important issue on the basis of his experiences in this field.

Traditional Healing

‘Incurable. There is no hope.’ Last week when I got this message from my friend from [Bilaspur](#) I asked for future planning. He is leading medical practitioner and his doctor wife is having health trouble having no cure in modern systems of medicine. Hesitatingly I suggested him to take opinion of [Traditional Healers](#) although there is less hope. His first reaction was ‘Are they qualified?’ Then realizing the critical situation he got ready to invite the Healers at home. I informed that you have to go to the Healers because in general they don’t travel too far. ‘No she is not in condition to move’. Later he discussed this matter with wife and other family friends and replied that he is not having faith in Healers. As herb researchers I suggested him some home remedies that can be given along with modern medicines. I requested him to try it at least for week and if you get any sign of improvement then decide for future. Three days later I got phone call that patient’s condition has improved slightly. At last he requested for the addresses of Traditional Healers and now he is planning to meet them.

Few months’ back my computer operator’s father got sick and admitted to famous hospital of Bhilai. The experts informed about two possible reasons for sickness. One [Tuberculosis](#) and another [Cancer](#). For biopsy sample was sent to [Mumbai](#). The experts started treatment. Of what? They said that there is no cure of cancer that is why they are giving remedies for Tuberculosis. Is it Tuberculosis? No, for confirmation tests are on. Finally within two days they declared that there is no hope and the patient will die any moment. My operator has typed my over 13,000 research documents. He was aware of the work

on Traditional medicine and Healers. We decided to approach the Traditional Healers. We managed to bring the herbal combinations from the Healer of Jagdalpur region. After three doses his father passed away. I was hoping miracle. I was much disappointed. Later the operator disclosed that his friends and other family members have also approached to different Healers and as result his father was getting medicines from over 8 Healers at a time unaware of herbal combinations used by others. It means too many cooks spoiled the food.

In our modern hospitals there are thousands of patients having incurable troubles. Modern medical science is having its own limitations. They surrender after certain stage. Many experts want to continue treatment as trials but they are not having many options. Surprisingly at this stage the Traditional Healers come forward to give their remedies. In most of the cases they are not sure about the cure but they try their best. Many times the modern experts shift blame on these Healers for the death of patients but ignoring all these blames they still try to provide relief to the patients. Seeing this dedication towards work I always put this question in different forums that why these Healers are not given chance at modern medicinal institutes in association with modern experts? I am aware that personal ego may be the problem between experts of both fields but for the sake of humanity we can adopt integrated approach of treatment.

I discuss my proposal with the Tradition Healers of different parts of [Chhattisgarh](#) time to time. It is positive sign that many Healers are ready to work with the modern experts. There are many Healers who want to keep their knowledge secret. They are much worried about its commercial exploitation. They are not wrong. During 1996 I tried to prepare a team of modern experts and Traditional Healers for the treatment of Sickle Cell Anaemia. The joint team worked for few months and when the modern experts got the name of herbs used by the Healers they stopped inviting them. They started putting the herbal combination in capsules. But the results were not much encouraging. Later the Healers disclosed that they informed incomplete formulation to them, as they were aware of this possible cheating. There is need to take lesson from this case. I feel that there must be some norms to protect the rights of Healers before planning such integrated medical treatment program.

I would like to give one more example in this regard. When I was studying in Agricultural college one of my junior of Bilaspur region Shri Bhardwaj met to me with claim that he is having traditional knowledge to treat the patients having snake bite. He showed me some photographs and addresses as proof. I suggested him to keep the formulation secret and I will try to do something. With the help of my journalist friends I published this news in local newspapers. Many organizations and associations objected in this claim by saying it as fake remedy. I suggested many of them to evaluate it before making such objections. The news on papers attracted the attention of many patients and he started receiving the emergency calls from different parts of state. Many times he got calls from local governmental hospital. His dedication motivated many modern experts to give chance to him. But he was not satisfied. He was treating, most of the cases of the record because under present legal framework it is not possible to practice the knowledge in association with medicinal experts in modern governmental hospitals. Few months after it he approached to me again with request to arrange mobile vehicle for him to attend the cases in different parts of the state. I suggested him to meet the Chief Minister. He tried but failed to get the support. After leaving the Agricultural University I am not in touch with him but still I feel that such traditional knowledge expert youths must be encouraged by our society.

I was sitting with famous Homoeopath of [Raipur](#) late Dr. B.R.Guha in mid-nineties. Dr. Guha was well known for his expertise in treatment of incurable diseases. When I informed about my proposal of making

team of traditional and modern experts he insisted that Traditional medicine must not be used only during last stage. This medicine must be given chance from the start of any disease. In general the bad cases are referred to the Traditional medicine experts and as result the blame of death goes to these systems. Many healers have also expressed this worry.

These days I am trying to present model based on my planning. Although many governmental organizations are eager to start work on this aspect but they are having limitations. Many private firms are also approaching to me with the proposal to work with Traditional healers. I am much concerned about the right of these Healers as in general private companies try to exploit the Healers. I am giving all the information with hope to get suggestion from your side to achieve this important goal.

In [African](#) countries Traditional Healers are getting due respect from the planners and authorities. In [India](#) these Healers are still waiting for this respect. I am writing continuously on this aspect with hope that one day our civil society will understand their importance and that day we will be able to provide relief to thousands of patients around the world.

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Surprise newly wed couples this time with herbal gifts.

Pankaj Oudhia



Abstract

Herbal Gifts are not only different from routine gifts but also give good health. In [Indian](#) state [Chhattisgarh](#) gifts collected from Mother Nature's fields are given to newly wed couples. In present article author shares his experiences and knowledge about many such herbal gifts.

Traditional Healing

During visit to Kota city of [Rajasthan](#) for receiving award for best science writer I got opportunity to meet a gentleman with innovative ideas. This herb lover is growing many rare herbs in his home garden. We discussed a lot before the start of program. He informed that he gives herb seeds as gift to newly wed couples. In general he uses the seeds of medicinal herb [Asgandh](#). Seeds are given in attractive packet with instruction of its growing and usage. Although Asgandh is useful in many health troubles but it is especially useful for the newly wed couples. In our ancient literatures many Asgandh based formulations have been mentioned. It is Mother Nature's health tonic and having properties of ideal sex tonic. After coming back to [Chhattisgarh](#) I tried this idea in my friend's marriage. I selected the [seeds](#) of medicinal herb [Kevatch](#) having similar properties. I prepared a note about its uses. In powder form the seeds can be used directly with [cow](#) milk or one can prepare sweet Halwa from it using cow [ghee](#). Second day when I received friend's phone call he declared the gift as best gift. He was much tired of routine gifts. His phone calls after its use, were more encouraging.

While documenting the Traditional medicinal knowledge about insects and mites in different parts of Chhattisgarh I got interesting information. In early days the natives were using [Termite queen](#) as gift to newly wed couples. In any termite mound queen lives in royal chamber deep inside the soil where moisture is in abundance. Termites protect its queen as it produces new termites in thousands. When we fight with these termites in general we kill the termites active on surface. Our war is endless, as queen remains safe inside the termite mound. For efficient management of termite in any place there is need to kill the queen. Pest control companies never kill it. As result the problem continues and they get regular calls for management. In many parts of [India](#) especially in Chhattisgarh the natives consume queen with taste. According to the scientific studies queen is rich source of protein. The natives consume it for its specific taste. You will be surprised to know that in state many termite queen based traditional preparations are in use. The Traditional Healers are aware of its medicinal properties. They consider it as promising [aphrodisiac](#). In early days the natives were giving this queen raw or in form of traditional dishes to newly wed couples as gift. I have written on this aspect in detail in my previous research articles. According to the [senior Healers](#) the use of queen in this way was keeping control over natural population of Termites. I feel that there is need to popularize this use again. Through systematic research safe dishes with medicinal properties can be prepared and used. I have seen its use in rural and forest regions of the state. That is why I have kept it in the list of best gifts for newly wed couples.

During recent visit to [Bastar](#) region I found varieties of [medicinal mushrooms](#) in village markets and also in wild. Many of these [wild mushrooms](#) are used as gift for different ceremonies. In many parts the mushrooms species having aphrodisiac properties are specially given to newly wed couples. In Kondagaon region the Healers informed that they give traditional knowledge about its identification and use to the newly wed couples so that they can use it as per their need and also transfer it to next generation. During my work in Ambikapur region I observed the same trend.

The Traditional Healers of Gariaband region informed that they give Honey collected in different seasons as gift to newly wed couples. During recent Mainpur visit I got opportunity to visit the origin point of Pairi river. The hill was having rich population of honeybees and collectors were collecting Honey using traditional methods. I have mentioned in previous articles that although for modern experts all types of Honey are same but for the collectors and Healers Honey collected in different seasons and locations possess different medicinal properties. I have also mentioned that on the basis of the quality of Honey the state has been divided in many parts. It is mentioned in ancient literatures related to different systems of medicine in India that Honey is useful for newly wed couples. Aware of its therapeutic values the Healers

and collectors of Gariaband and Mainpur regions are still giving it as gift.

In [Raipur](#) city many types of special [Paan](#) are available for the newly wed couples. In most of such Paan modern stimulatory drugs are added having harmful effect on human body. There are many shops where Traditional Paan are still available. They use many herbs but in such Paan [Red Velvet Mite](#) plays central role. [This mite](#) is collected during rainy season and used round the year for various purposes including this purpose. [Mite](#) is added in little amount and in general the users are not informed about its addition. It acts in promising ways. It is not useful for both sexes. In general it is used for male partners. The modern shops charge much for such Paan. Although many users take it regularly and loose its actual effect but for real effect the Traditional Healers suggest its occasional use. During surveys I interacted with many users. Their responses were encouraging but I found that the Paan prepared by the Healers are more effective as compared to the Paan available in modern shops.

In Chhattisgarh endless information on this aspect is available. I feel that the promotion of traditional knowledge in this field will not only conserve our knowledge but also give actual benefit to the society. These precious natural gifts are having potential to become popular worldwide. If our planners wish then gift preparation small cottage industries can be developed in order to generate employment opportunities and to generate revenue. We are already late. There is need to of immediate action in this regard.

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Possible natural ways of keeping distance with modern anti-biotic and other drugs.

Pankaj Oudhia



Abstract

As distance with the Nature is increasing our dependency on modern anti-biotic and other drugs is also increasing. The Traditional Healers of [Indian](#) state [Chhattisgarh](#) are still having ray of hope. Through their Traditional knowledge the author has gained his natural body resistance and managed to keep distance with modern drugs. In this article he has shared his experiences.

Traditional Healing

During student life I was frequently visiting patient of [Tonsillitis](#) and [Asthma](#). Doctors were much worried about my condition. For Tonsillitis they were using modern anti-biotic drugs but the frequency of attack was in increasing trend. Earlier I was visiting to them once in three months. Later I have to take their services every week. Slight change in weather was resulting in common cough and cold and finally Tonsillitis. The problem of Asthma increased when I started my work on allergy causing [weed Parthenium](#). The experts suggested me to keep distance with this weed. But it was inevitable as my work was to collect Parthenium plants, extract its juice and spray on different agricultural crops to see its effects. Finally Doctors decided to go for steroidal treatment having many side effects. Fortunately at the same time I started my work of documentation of Traditional medicinal knowledge about herbs and insects. With field book when I was approaching to the [Traditional Healers](#) for interaction by seeing my condition they were suggesting me to at first go for self treatment with this knowledge and then document the knowledge for others. They suggested many important herbs besides systematic life style, healthy food and exercise.

The Traditional Healers of Chhattisgarh Plains suggested me to include fruits in daily routine. I replied that I am already taking [fruits](#) like [Apple](#), [Banana](#), and [Chiku](#) etc. available in urban markets. They suggested the use of seasonal fruits available in rural markets far from pesticide residues. [Kaitha](#), [Bael](#), [Chirai Jam](#), [Jam](#), [Ama](#) etc. were among these fruits. These were new fruits for me. I approached to nearby villages and searched the weekly markets. I found it easily. All these fruits were very cheap and grow naturally in rural and forest regions. Kaitha is much liked by elephants. I have mentioned in previous research articles that the Traditional Healers of Chhattisgarh have gained knowledge and uses of this wild fruit by observing elephants keenly. Very few of us know that Kaitha is good heart tonic. It treats Asthma and purifies the blood. According to [Ayurveda](#) this fruit is good for 'Tridosha.' In Chhattisgarh the natives consume it with taste. They prepare sherbet from it and in this way it is used round the year. In general [Chirai Jam or Jamun](#) is used by the patients having [Diabetes](#). But the [fruits of Jamun](#) are beneficial for the natives of all age group. It is promising liver tonic. It enriches the blood. The Healers suggested me to collect fruits growing near river. Nadia Chirai Jam is considered rich in medicinal properties. [Bael](#) is also commonly available fruit. It can be consumed raw as well as in form of Sherbet and Murabba. Many of them informed that Bael plant parts are collected in abundance from natural forests and supplied to national markets but its popularity is decreasing among the natives. The use of [Bael fruits](#) in any form protects from stomach related troubles.

During fruiting season village children can be seen with [Doomar](#) and [Pipal](#) fruits. [Pipal fruits](#) are known as Picri locally. These indigenous Figs are not only delicious but also rich in medicinal properties. The reference literatures related to different systems of medicine in [India](#) are full of information regarding these fruits. The Healers suggested me to never miss the chance to consume these fruits, as [Doomar fruits](#) are good for throat related problems. Pipal fruits will give you sound sleep. During summer big sized Mango fruits attract our attention but as a student of Agriculture I am aware about the Agronomical practices through which Mango orchards are developed. The uses of pesticide and chemical fertilizers are common. The Healers suggested the use of [Desi Ama](#). Although fruits are small sized but free from agrochemicals. These fruits grow without much care and the natural stress enriches it with medicinal

properties. We are loosing both [Desi Ama](#) and [orchards](#) due to poor maintenance of old Mango orchards. I followed their instructions seriously and started using Desi fruits in place of fruits available in markets.

In Chhattisgarh thousands of [Traditional Herbal dishes](#) are still in use. Although the natives consume it for taste but the Healers are aware of its therapeutic values. They challenged me to name the dish not having beneficial effects on human health. They were true. Later when I documented traditional knowledge about these dishes and its beneficial effects I realized it more deeply. Modern natives are far from these traditional dishes as result they are getting nearer to modern diseases. The popularity of junk food among them especially in children is worrying us.

By adopting above-mentioned measures my condition improved. The frequency of attack reduced but still I was depending on the anti-biotic and other modern drugs. The Healers of Ambikapur region suggested me the use of medicinal herb [Adusa](#) in any form in order to get rid from respiratory troubles. Unfortunately I started with Vasa Ghrit. This Vasa based formulation was although good in effect but it affected my digestive system. Later on my complaint the Healers of Pendra region suggested the use of Vasavleh. I tried it successfully and got encouraging results. First time I used it regularly up to seven months. When I informed the Healers about it they were unhappy. Why? According to them the medication must not continue up to long time. If any formulation is useful then it must cure the troubles within a week or month. They are not in favor of use of drugs up to long time. The regular use creates side effects and many times these bad effects are unmanageable. The modern natives using drugs for Thyroid problem and Diabetes use drugs throughout life. The comments of Healers can show new light to them.

The Healers of [Bastar](#) region suggested me to focus on whole body instead of treating the trouble of specific parts. They suggested me to consume seasonal potherbs available in surroundings. During winter the uses of [Asgandh](#) root powder and rest of the year use of [Harra leachate](#) were suggested. They informed that based on the Tasir of the patients they suggest different herbs. It is not universal prescription.

Since ten years I invested much time in visits to forest regions and documentation of Traditional knowledge. By sitting in one position up to 8-10 hours daily for regular documentation the valuable knowledge provided by the Healers protected me from illness. I do not know the date of treatment when I have taken modern drugs for Asthma as well as Tonsillitis. Working with [Parthenium](#) many times resulted in slight attack but I managed it with herbs. This valuable gift from the Healers of Chhattisgarh motivated me to write about it.

Few months back I suggested my friend living in [Delhi](#) to adopt this knowledge in life. He complained that it is hard to get wild fruits and potherbs in metros. Not only fruits but also vegetables in Metros are having high residues of pesticides. The natives are paying very high cost for taking this risk in order to earn their livelihood. For this friend I arranged wild fruits and potherbs through another friend visiting Delhi frequently but it is not much feasible for many users. I have proposal and plan for it. At first there is need to popularize these health benefits of these fruits and potherbs and then establish marketing facilities for the interested natives. We can start series of 'Health Markets' by employing rural youths and taking guidance of Traditional Healers. This will give returns to both the youths and Healers. The natives in urban region will get healthy food and fruits in low cost. I see the global scope in these 'Health Markets'. The success is not far if the purpose and intentions are clear.

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Go to Jungle but be careful.

Pankaj Oudhia

Abstract

Visit to any Jungle requires much care and precautions. Jungles have its own rules and for safe visits there is need to follow it strictly. In present article the author shares his experiences with [Chhattisgarh](#) Jungles.

Traditional Healing

Along with academicians I was passing through the dense forests of Mainpur region few years back to attend science fair program. The academicians from different fields were with me. We stopped in mid forest by seeing red leaved beautiful herb. I started taking its photographs with the help of my driver. Few moments later I found that the other members were collecting big wild fruits. I examined it carefully but failed to identify it. One of the members showed interest in eating the fruits considering it as wild Pear. No one other than him was in favor of taking risk. My driver warned the member about potential harms but he ignored it. At last driver showed us the old trees of [Mango](#) planted along with main road. That was fruiting season but there was no fruit. It means some one probably tribal natives have consumed these fruits but no one touched the trees having these wild fruits. It clearly indicates that fruits are either poisonous or not suitable for eating. Finally the member agreed. When we reached to nearby village with the bunch of wild fruits from distance the villagers shouted 'Throw it away. It is poison.' They informed that it is very toxic fruit and even in very little dose it can take life in few seconds. It means driver has saved our lives. Later I confirmed it through reference literatures and found the information about its toxicity true.

My friend's uncle was forest contractor. When I was in school one day I got sad news about his death. He was not having any common disease. According to the Doctors he died due to rabies. My friend informed that he was fond of eating wild fruits selected by the wild animals. It is common belief in [Chhattisgarh](#) that certain fruits eaten by birds are especially rich in taste. His uncle believed that the wild fruits tasted by monkeys are always rich in medicinal properties. He was using it in natural form i.e. without washing it. According to the Doctors this hobby has taken his life. It was new information for me. Later when I started Ethnobotanical surveys in different parts of Chhattisgarh I found it true. The [Traditional Healers](#) reject the fruits tasted by wild animals but in case of birds they prefer such fruits. The Healers having hobby of observing wild animals for their expertise in use of medicinal fruits informed that they select other undamaged fruits for the preparation of medicine from same tree but always avoid half eaten fruits.

These two stories give good lesson to the beginners specially our modern youths fond of Jungle safari. They want to pass much time in such Jungles. They enter in forest with sharp music system and using modern SUVs. They ignore the strict rules prepared by the caretakers. SUVs are considered safest place and they try to enter the core regions of forests. I always suggest these beginners to respect the jungles if you deserve the same from it. After visiting to Jungles hundreds of times even I am not fully aware of natural laws and every time I get new experiences.

Since field training course in Ambikapur as final year student of Agriculture I am meeting with [wild Bear](#) of Chhattisgarh. Unfortunately or fortunately my favorite medicinal herbs grow near to the hells where these wild animals live. [Safed Musli](#), [Kali Musli](#) and many other tubers are favorite foods of Bear and I have worked much on these herbs. Although the experts suggest many ways to avoid meetings with these notorious creatures but suggestions given by tribal natives are more valuable. I consider it as notorious creatures because when it attacks the degree of injury is very high. In face-to-face fight Bear wins it easily without much damage. According to the experts they best way is to run towards sloppy land in order to

get protection from Bear. In flat Jungles this suggestion is of no value. They also suggest climbing on tree in case of emergency. It looks simple but in forest trees are shelter place of many animals especially poisonous insects and snakes. This suggestion may protect you from Bear but not from such animals. Living with these wild animals the tribal natives are nearly fearless from these creatures. In Devbhog region the natives informed that the tribal youth defeat male Bears without any problem. Bagbahera region of Chhattisgarh is known for rich population of Bear. During survey I got opportunity to visit the village where Bear and natives live together without any problem. They suggest the beginners to don't disturb any wild animal; it will also not disturb you. Female Bear with small cubs is always a sign of danger. She always attacks on the human beings. She considers them as enemy. The senior Healers of Southern Chhattisgarh informed that this fear of female Bear has developed due to specific reason. I have mentioned in previous research articles that although the killing of Bear for its body parts is banned in Chhattisgarh and other parts of [India](#) but still parts are collected and traded to different users. Male reproductive organs to gall bladder, all parts are having fair demand. The collectors kill Bear very brutally for the collection of parts. While working in Ambikapur region I got lesson from the Traditional Healers to talk loudly when you are in forest. According to them loud voice gives signal to the animals that someone is coming and in general they leave space. This rule is very effective and I still use it during jungle visits. For people fond of wild life this rule is not good. Loud voice means less chance of seeing the wild animals. Also this rule is not applicable for the man-eaters. In wild life TV channels I always see [Chilli](#) sprays with the wild life photographers. These sprats are not available in India. I feel that this irritating spray can keep the animals at bay without much harm to them.

For the readers reading this article in one breath I have one suggestion. Please read my previous research articles based on my experiences during surveys. You will find interesting observations showing relationship between certain herbs and wild animals. Through the presence of different herbs the natives get information that what type of animals live in nearby areas. This unique traditional knowledge avoids conflicts with wild animals.

During my surveys in Jashpur-Ambikapur region the natives complained about menace of [wild elephants](#). They informed that they are adopting practices based on traditional knowledge but not getting much success. This time I shared my knowledge collected through Internet. [Elephants](#) are much sensitive to Chilli. They avoid approaching to place having Chilli. It is African experience. In buffer zone between forest and villages they take Chilli crop in order to avoid the entry of wild elephants. They also hang cloths dipped in Chilli solution in different corners of villages. The natives of Jashpur-Ambikapur region listened it carefully and promised me to adopt these measures. I am not having much feedback but few months back I met a Traditional Healers using this practice. He always keeps dipped cloth with him during visit to forest. He informed that it is not only promising 'elephant repellent' (I am not sure about the use of this word) but also protects from poisonous insects.

We are having many reference books giving details about wild animal hunting and brave stories associated with it but I feel that there is need to create and publish new literatures in common languages for the beginners as well as wild life lovers based on the experiences of frequent Jungle visitors.

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Herbal ways to manage the problems created by polluting sponge iron units in India.

Pankaj Oudhia



Abstract

New industrial development has resulted in new problems. The polluting sponge iron units are becoming a curse for the natives as well as biodiversity in different [Indian](#) states. In present article efforts have been made to discuss these problems and to suggest possible herbal ways of management.

Traditional Healing

In January 2006 I was traveling to [Bhopal](#) in Rajdhani express. My co-passengers were talking about pollution problem in newly established sponge iron units in [Chhattisgarh](#). I introduced myself and shared my experiences of [Raigarh](#) where dozens of such plants are becoming a curse for biodiversity. After getting complete story they seemed unaffected. Later I found that these co-passengers were the owners of such sponge iron units around [Raipur](#) and Raigarh regions. They asked about the tree species that can be planted to reduce the pollution. My answer was straightforward. I suggested them to establish ESP units to minimize the pollution. In general as per rule the exotic tree species having poor growth and canopy are planted around such units. This plantation looks good but in most of the cases fail to achieve the target. Why don't you adopt indigenous trees having well known properties of air purification like Bar, Neem and Pipal? They replied that these species are not mentioned in rules. I further suggested them to plant these trees in surroundings as well as in affected areas. For one such polluting unit there must be at least 10,000 [Pipal](#), [Bar](#) and [Neem](#) trees. All these trees are easy to grow and require very less care. If you are going for other trees than go for species having broad leaves. Listening our interaction wife of one of the plant owners asked me the serious as well as shocking question. Her question was to suggest medicinal herbs as treatment for respiratory troubles of her husband due to polluting sponge iron plant. Oh my God! I was thinking that such plants are damaging the natives of that area but now new information says that it is affecting the owner also. Then why we are eager to produce few tons of sponge iron having some return in the cost of permanent health and environment damage of thousands? I promised her to suggest the herbs and combinations only if the owners promise me to plant indigenous

trees in affected areas by their own expenses and without any delay.

There is long list of health troubles these polluting units are generating. The owner's wife was true. Such units are affecting both the workers as well as the natives living near it. Last year my cyber café owner introduced me his friend from Bhilai working in sponge iron unit as engineer. He informed that friend is having severe respiratory troubles. He was having trouble due to dust inside the plant. He was taking treatment from medical experts appointed at unit. When I asked for line of treatment he replied that he have to take steroidal treatment once in every week and regularly 10-12 capsules. Instead of all treatments his problem was still at same intensity. My first suggestion was to leave the job? Not possible sir- he replied. Then I suggested him to go for long vacation and start herbal treatment. Regain your natural body resistance and then only come back to serve this hell.

The surveys of herbs and insects in areas having polluting sponge iron units motivated me to search herbal treatment for the affected people having no alternative to leave the affected areas. With all symptoms when I searched my field diaries and studied the interactions with the [Traditional Healers](#) of different parts of Chhattisgarh I got long list of herbs and herbal combinations. Industrial growth started in Chhattisgarh from [Bhilai](#) many decades back. At that time the Traditional Healers were getting much patients with new health troubles. The natives were having no alternative to use the [nallah](#) having [industrial waste](#). This pollution was resulting in respiratory as well as skin troubles. The Healers of that time have developed many herbal combinations to provide relief. When I was documenting this knowledge the senior Healers informed that keep these medicines in your mind whenever you see the patients affected by such level of pollution. 'Gur, Shahad and Chironji.' The natives are aware of Gur and its use in reducing the effect of pollution of health. This awareness is present in almost all parts of India. They take Gur during meals and in most of the cases it helps them. Getting pure Honey or Shahad is difficult job but the use of pure Honey in any form is beneficial for the respiratory troubles. I receive many letters from neighboring states [Jharkhand](#) and [Orissa](#). The natives getting health troubles due to polluting sponge iron units write to me with much hope. Although I suggest all these medicines but they prefer the use of Gur and Honey and get relief. [Chironji](#) is well known [NTFP](#) of Chhattisgarh. Mother Nature produces high quality [Chironji](#) in its fields but all the high quality produce goes to national and international buyers. The natives get adulterated poor quality Chironji in high price. This is the reason that it is used less commonly. The ancient literatures related to different systems of medicine in India are full of information regarding use of Chironji in such troubles.

After three months of travel and interaction with the plant owners I got a feedback. The thanks giving call was from the owner suffering from respiratory troubles. By using these three herbs he was getting relief. And what about the promise? He replied that he has planted 15 Pipal trees. Only fifteen? But the promise was of 10,000 trees. He asked for other cheap alternatives. I suggested him to adopt the [EMF](#) concept in surroundings and take advantage of Mother Nature's service to fight with pollution. He collected all details from me. I am still waiting for his feedback.

Beside [Pipal](#), [Bar](#) and [Neem](#) trees in Chhattisgarh we are having hundreds of trees with capacity to minimize the effects of pollution. We are having rich knowledge about aquatic plants that can be used to clear the water in [polluting nallah](#). The owners show no interest as they believe in short term gain and ignore the long-term loss to Nature. Also our planning's and rules are having loopholes. How it is justifiable to plant monoculture of exotic species in surroundings of any industrial unit? It manages the pollution on paper but not in ground level.

It is bare fact that establishment of any industrial unit disturbs the ecosystem in its surrounding. It is also true that such industrial units are needed for development. Then why don't we search the way so that the damage to environment must be at minimum level? Recently I visited to [Bastar](#) region where the [Nature's field](#) having [rich biodiversity](#) and rare herbs has been selected for industrial unit. As our planners always talk about [wasteland](#) development. In India we are having vast area under [wasteland](#). Then why such wastelands are not allotted for such activities? To raise plant and also to plant Nature's plants in wastelands.

The questions are having no end. Suggestions are also having no end. The only need of the hour is to take immediate action in this regard so that we can protect our own people as well as environment from wrong steps and decisions.

Related Ecoport Articles

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Lets popularize the Traditional Dishes.

Pankaj Oudhia



Abstract

Modern life is keeping us far from our Traditional Dishes. In [Indian](#) state [Chhattisgarh](#) the natives have rich traditional medicinal knowledge about such Dishes. These Dishes are used both as food and medicine. In this article author has shared his experiences with these Dishes and also suggested the need to popularise it worldwide.

Traditional Healing

In May 2005 I was in [Bastar](#) region to meet food technologists working on traditional dishes of the region. They showed me preparation based on famous [Sulfi](#) tree and other locally available herbs. Most of these preparations were based on traditional knowledge but showing their innovative approach they presented some preparations developed by them. I listed fifteen-food preparations very tasty as well as rich in medicinal properties. These technologists are working in regional research station. They were hoping some fund from the authorities to carry forward this important work. Also their planning was to publish literatures on it. After returning back I sent addresses of some funding agencies as well as some resources persons. This year I visited again to meet them with much hope. I found that due to poor responses of center head this project is in loop line. The technologists are diverted to different research projects. It is common observations with the research organizations. Like these food technologists in capital city [Raipur](#) many natives want to popularize the traditional dishes of [Chhattisgarh](#). During different fairs and exhibitions they hire food stalls and try to serve these dishes to the visitors. Earlier the stall named 'Aani Baani ke Kaleva' was much popular among the visitors during cultural fair Jagar. Now it is hard to find these enthusiastic natives with innovate ideas. All these natives want encouragement and support from the authorities. I have mentioned in previous research articles that the natives as well as [Traditional Healers](#) of Chhattisgarh are having rich Traditional Medicinal Knowledge about different dishes. Most of the dishes are having therapeutic values. By popularizing these dishes only we can conserve knowledge about it and also use this traditional knowledge to protect our future generation from

different diseases.

In June 1998 I was sitting with some planners interested in promotion of tourism in Chhattisgarh. In my presentation I suggested worldwide popularization of traditional dishes of the state. Many of them objected that it is not a good idea. The Traditional dishes are not tasty and also not prepared in hygienic condition. I objected by putting questions viz. how many dishes you know and also how much dishes you have tasted? Some said ten whereas many were aware of fifteen dishes. In Chhattisgarh there are thousands of dishes and in most of the dishes herbs are used. If anybody starts taking one dish daily he or she has to pass many years to taste the first dish again. I suggested the planners to taste the dishes before giving odd comments about it. Modern dishes we consume are having much pesticide residues and also there is no guarantee of use of pure food materials as adulteration is common. Traditional Dishes are prepared from the ingredients taken from Mother Nature's field free from toxins as well as adulteration. There is no question of poor hygiene. In state there are many Healers with claim that through the use of Traditional Dishes in systematic manner one can get rid from many complicated diseases. It is old saying that food is best medicine. Traditional dishes of Chhattisgarh are well known for its disease prevention properties.

The Traditional Healers having expertise in use of these Traditional dishes are much worried about its decreasing popularity especially among the youths. The introduction of new food materials and soft drinks in rural [India](#) is becoming curse. I have mentioned in previous research articles that in rural areas the families working in cities hesitate to use the common [weeds](#) available in surroundings as Bhaji or [pothebs](#). They purchase modern vegetables from market and consider it more beneficial. In fact the naturally growing weeds are safer than modern vegetable in terms of pesticide residue and growing conditions. Before starting documentation of knowledge about Traditional Dishes I searched the literatures for the related information. I found that the natives are having much information about these dishes but in our literatures not much has been written on this aspect. Hardly one or two cookery books are available but these books are lacking original touch of Traditional Dishes. I focused my documentation work on medicinal properties and uses of these Dishes. Although I have listed out thousands of preparations but I am aware that much variations exist in same dish in different parts of Chhattisgarh. The effort to take pictures of complete preparation methods is in progress.

In Chhattisgarh over production of [rice](#) and poor income of farmers force me to think in this direction. Although the planners suggest the farmers to change the crop but I feel that there is a need of constructive plan so that we can use the expertise of Chhattisgarh farmers in rice cultivation by making it as profitable business. Few years' back my Australian friend visited to Chhattisgarh and showed surprise by seeing less rice based Traditional Dishes in menus of different hotels. I invited him in my home and served some rice based Traditional dishes. He enjoyed it and showed much interest in it. While travel to southern Chhattisgarh when he saw the heaps of rice bags kept under open sky he suggested why your state is not utilizing it in form of different types of food products. He was right. In Chhattisgarh I have documented information on over 350 type of rice based Traditional Dishes. Then why we don't develop rice based food industry in the state. Search the Internet you will find not a single place where rice based traditional dishes as well as food material are prepared and supplied worldwide. Through this traditional knowledge we can provide prosperity to our farmers. Our Agricultural research stations have done much work for rice production. Instead of investing much on this aspect lets start thinking on promotion of rice based food products through systematic research. The enthusiastic food technologists and natives can play key role in this direction.

Although there are many reports claiming that many important rice germplasm has been stolen from Chhattisgarh but still we are having more than enough. Hundreds of unidentified rice types are waiting for conservation. It is not wrong to say that Chhattisgarh is rich in medicine rice and more important thing is that we have the experts aware of its medicinal uses and properties. Very few of us know that Traditional Dishes prepared from medicinal rice are capable of treating modern diseases like [cancer](#). Many Dishes are used for its anti-ageing properties. Timely attention on this important aspect is required.

Few months back members of [Cgnet group](#) showed interest in providing platform to the enthusiastic natives working on this aspect. There is plan to popularize these dishes world wide through its own website. Such efforts must be appreciated and supported. I am aware that most of the readers reading this article have also not tasted these dishes. My sincere suggestion is that you will get the real essence of this writing only after tasting these dishes.

Related Ecoport Articles

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Tree shades are waiting to cure your health troubles.

Pankaj Oudhia



Abstract

The beneficial effects of [Tree Shades](#) on human health are known since time immemorial. In [Indian](#) state [Chhattisgarh](#) this knowledge is still in practice as 'Tree Shade Therapy'. In present article author has shared his experiences with new tree species used in this way and also discussed different practical aspects of this unique therapy.

Traditional Healing

During recent visit to Gariaband region of [Indian](#) state [Chhattisgarh](#) the [Traditional Healers](#) informed me about the rare uses of medicinal tree [Dhoban](#). They requested me to see the tree carefully and guess about its potential uses through the principle of Doctrine of signatures. I passed many hours near to this tree but failed to get any clue. At last I was suggested to examine the bark and trunk carefully. They disclosed that the bark and trunk indicate that this tree is having use in treatment of skin related troubles. According to them its different parts are used in treatment and it is especially useful in treatment of [Leucoderma](#), a common skin trouble. In case of [Leucoderma](#) it is not used as internal as well as external remedy like other remedies. The patients are advised to plant new Dhoban trees in surroundings and take care of it throughout year in order to get rid from this trouble as well as associated troubles. Many times the patients unable to plant it in surroundings are suggested to pass much time in region having rich population of Dhoban tree. Many Healers claim that it is used as supplement treatment along with main treatment of Leucoderma but the senior Healers informed that the patients having this trouble at early stage can get much benefit by passing whole day in the shade of old trees. I searched the literatures related to different systems of medicine in India but failed to get information on this aspect. The Healers are also not aware of the science of this practice but as traditional knowledge they are practicing it sincerely without any modification. I see it as unique knowledge.

During student life for the first time I got information about the effects of tree shade on human health through [Ayurveda](#) literatures. These literatures give details about the beneficial as well as harmful effects of [Amla](#), [Neem](#), and [Harra](#) etc. trees. [Shade of Amla tree](#) is mentioned harmful whereas [Neem tree](#) is considered good. By passing many days under Harra tree one can get rid from the problem of constipation. These ancient findings motivated me to collect information available with the present generation of Traditional Healers. Based on my initial phase of documentation work I prepared a detailed article for Botanical.com. When this article reached to different experts they not only appreciated this approach but also tried to explain the science of this knowledge. Although it is new term for the Traditional Healers of Chhattisgarh but I have given new name to this therapy as ‘Tree Shade Therapy’. It is gift of Chhattisgarh to the world. In Chhattisgarh thousands of trees grow in natural forest. Through surveys I have collected information on over 800 species having potential to treat different diseases alone and in combination with other trees. Although my many friends consider it as blind faith but I see it as ancient science waiting for modern scientific explanation.

Last year I took hundreds of pictures of medicinal tree [Gasti](#). [Gasti fruits](#) are much liked by birds as result through bird droppings its seeds spread in far places. In Chhattisgarh you can find this tree quite commonly growing as [epiphyte](#) on other trees. In previous research articles I have mentioned that in traditional system of medicine this tree combination is having much importance. It enriches each other with medicinal properties. For example [Gasti growing on Sirsa](#) gives Sirsa some of its own medicinal properties and vice-versa. This is the reason these [tree combinations](#) are considered more useful than the pure stand of individual species. Although [Gasti](#) is very common tree species in Chhattisgarh and other parts of India but unfortunately not much has been written on its medicinal properties and uses. I ignored this species during my initial surveys, as I was not much aware of its correct identification. From summer of year 2005 I started taking its pictures. I found its rich population along with [Mahanadi River](#). The Traditional Healers of Bagbahera region are aware of its many uses. Through recent interactions with the Healers of this region I got information about its use in “Tree Shade Therapy”. According to the Healers while using herbs having anti-ageing properties they suggest the patients to pass much time near old Gasti tree growing in isolation. Many times when herbal combination is applied in form of paste for any skin trouble the patients are advised to stay under Gasti tree and expose the paste in sunlight at short intervals. The senior Healers claimed that the shade of this tree provides protection from harmful effects of sun. It is important information. Later when I discussed it with the Healers of Kanker region they confirmed its effect. They use different parts of this tree in treatment of sunstroke. According to them in early days the

senior Healers were suggesting the patients having mental troubles to plant and care these species along with main treatment. Now this knowledge is not in use. Is it less effective? –I asked. No, the Healers of present generation are not much interested in it. They manage the problem through herbal combinations.

Few months back a patient from [Rajasthan](#) having last stage of throat cancer approached to me after reading my articles. His case was ‘No hope’ case for the modern experts. I suggested him to go to Southern Chhattisgarh and meet the Healers. He visited and after returning back to [Raipur](#) requested me to provide Karra saplings. Why? The Healers suggested him to take different external as well as internal remedies prepared from herbs and pass day time round [Karra](#) trees. According to him [Karra](#) is not available in Rajasthan. The Healers were not aware of the flora of Rajasthan and as result they suggested to plant Karra plants in surroundings. Karra is not routine plant available in nursery. I arranged ten plants for him through my friends. In August 2006 when I visited to Southern Chhattisgarh I met the Healers with question about Karra. They confirmed that the patients having different types of cancer are suggested to pass time under Karra trees. It was new addition in the long list of tree species used in “Tree Shade Therapy”.

As mentioned earlier I want to provide scientific base to this knowledge. I am expecting that after reading this article the researchers specially young researchers will come forward to conduct scientific research on this important Therapy. I see its wide scope in modern town planning also. In general we plant exotic tree species in modern towns for attractive flowers and beauty. Indigenous trees used in “Tree Shade Therapy” are also having this beauty. As additional advantage they are having good effect on human health. Then why not our planners are using this concept in modern towns full of different types of pollution? These tree species can be planted in schools, working places, public gardens etc. for same effects. As this unique knowledge is gift to the world it can be utilized for the welfare of world community through the natives of Chhattisgarh. After identification of specific zone having specific tree species Tree Shade Therapy Resorts can be developed for the patients around the world. Beside these efforts there is need to protect the trees used in this Therapy in its natural habitat.

With hope that our planners will think on this important aspect I am focusing my attention in documentation of Traditional knowledge on this aspect, as I know major part of it is still undocumented.

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Keep your water sources pure through traditional knowledge about herbs.

Pankaj Oudhia



Abstract

[India](#) is rich in traditional medicinal knowledge about herbs useful in water purification. But instead of conservation and utilization of this knowledge we are ignoring it. In present article author has shared his experiences with this knowledge about herbs and suggested possible ways of its utilization.

Traditional Healing

In year 1996 I was searching medicinal [weeds](#) with the senior villager of [Khudmudi village](#) . We reached to pond having rich population of [Doomar trees](#) in surroundings. Suddenly he put a question. Why Nature has arranged these trees around pond? He asked. Because it is water loving plant? I replied. No, Doomar is having capacity to purify the water- He explained. Later I found his observation true. Not only the ancient literatures related to different systems of medicine in [India](#) I found this information but also the natives and Traditional Healers of rural and forest regions are aware of this fact. The senior natives of Gariaband region informed that although [Bar](#), [Pipal](#) and [Doomar](#) all species are beneficial for the health of ponds but Doomar plays specific role. Doomar tree is planted near well and other water sources also. The senior natives of [Durg](#) region informed that the presence of [Doomar trees](#) keep the natural system of ponds full of vigor. Although they are not having scientific explanation for its mode of action but they

adopt the traditional knowledge about Doomar trees sincerely. While surveying the Bagbahera region I got information that Doomar not only purifies the water but also enriches it with medicinal properties. When the Healers of this region use water in any of the herbal combination they prefer the collection of water from source having rich population of [this tree](#) in surroundings. The Healers of [Chhattisgarh](#) Plains suggest the singers to never miss the chance of consuming this water especially after the over use of throat. Like Doomar in Chhattisgarh we are having hundreds of tree species having natural ability to purify water. But still in urban regions the natives are complaining about impurities in water.

Today our planners are modifying the old ponds in the name of beautification. They are cutting the old trees and replacing it with exotic species. Why? Because it enhances the beauty. Many of these exotic species are having well known properties of fish poisoning. Last week I visited to [Dhamtari](#) to deliver lecture on herbs. On road the organizers informed that they have planted [Jatropha curcas](#) plants around the pond. For what? My question was. For beautification as well as to educate the natives using pond about this useful plant. For that they have cut old trees around the pond. This was shocking information for me. I tried to explain them that Jatropha is well-known fish poison and it is used in many parts of the world for this purpose. When it is seen near pond the efforts are made to uproot it. It is the ignorance of our people that they are planting it near water bodies. On call of [Nagpur](#) based Consultation Company I visited the city few months back. The company was engaged in beautification of Nagpur through exotic herbs. They asked for trees suitable near famous pond. I suggested indigenous species with multiple benefits but my proposal was rejected, as the planners were interested in exotic herbs only.

When I walked along with [Kharoon river](#) of Chhattisgarh in order to get the information about old trees present near river I got long list of tree species. Doomar and [Koha](#) are among these trees. Now most of these trees exist in memory of the senior natives. Lands near river have been occupied for the vegetable farming. Modern farmers are using agrochemicals in larger amounts. These agrochemicals are polluting the river. In place of indigenous trees they have planted high yielding [Eucalyptus plantations](#). We know the effect of these [plantations](#) on ground water level. From Khudmudi to Amleshwar rare population of Doomar is present along with river. Kharun river water is used as drinking water in capital city [Raipur](#). It is treated with modern chemicals before supply. No one knows that what long-term harm these water purification synthetic chemicals are doing to our health. Instead of adopting traditional knowledge about water purification health experts are suggesting to go for costly water filters in order to clean the supplied water. There is no plan to protect the old trees still present near river and to replant such species with the help of senior natives.

I have mentioned in previous research articles that the population of Nirmali trees has decreased remarkably along with [Indravati River](#) in [Bastar](#). According to the traditional knowledge experts these trees were playing important role in purifying the water of Indravati River. Decreasing population of [Nirmali](#) motivated me to search the reason responsible for it. I got many reasons. Urbanization as well as use of wood as fuel were common reasons. But when I searched the name of Nirmali in the list of non-wood forest products of Chhattisgarh I found that its seeds are supplied in bulk to national buyers. It is collected in bulk for its supply to [Gutkha](#) and other industries. It is used as filler. Large collection is resulting in poor natural dissemination and spread of this species. As you know Nirmali is in use for purification of water since time immemorial in many parts of India. Its [Hindi](#) name is based on this natural property. In English it is known as clearing nut. Nirmali can be used both in modern as well as ancient ways for water purification. I feel that there is a need to plant this species in modern cities and educate our new generation about its miraculous effects.

Few years back one of our researchers developed the use of [Munga seeds](#) along with Alum for purification of water. I was expecting that the researchers would give credit to the ancient knowledge about it but in research papers and news this important information was lacking. Since generations Indians are using it for the same purpose. It was knowledge for all but now it has limited to few researchers and very soon it will be available in form of commercial products and natives have to pay for their own knowledge. The researchers are searching ancient literatures for such promising plants. They want to earn from this knowledge. Beside documentation, protection of this knowledge is also need of the hour.

During my surveys in Gandai region in dense forest our thirsty team members wanted to take water from small water ditch. The Healers traveling with us stopped them. They examined the ditch carefully and when they saw Gondla plants growing in it, green signal was given. Later they informed that presence of many aquatic plants is indicator of pure water. Many species of [Cyperus](#), [Bach](#) and [Typha](#) are among these species. Although [Typha](#) is considered as problematic weed by the experts but I have found it very effective for management of water having industrial pollutants.

Since last decade I am documenting traditional knowledge about these herbs. I am expecting that my article will encourage the modern researchers to come forward to provide it scientific base by giving due credits to the expert healers and natives. Through this article I would like to request the water and Nature lovers to conserve the old trees near water sources and utilize the rich traditional knowledge about it.

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Avoid experimentations with your kids.

Pankaj Oudhia



Abstract

The use of herb based home remedies for health troubles in kids under guidance of experts is not only safe but also cost effective. In [India](#) hundreds of home remedies and herbal formulations are in use since time immemorial. In present article author has shared his experiences with some of these formulations and suggested the need for promotion and utilization of this ancient knowledge.

Traditional Healing

Few days back young mother of two kids approached to me with herbal combination. According to her she was using this combination as memory enhancer since three months but it was not giving good results. I examine the combination and found it the combination of raw drugs. It was not the commercial product. She disclosed that from [Ayurveda](#) shop she bought [Shankhpushpi](#), [Bramhi](#), [Bach](#), [Jatamansi](#), [Satavar](#) and [Mandukparni](#) and mixed it to prepare the combination. In what proportion? My question was? I got shocking answer. According to her she uses different mixer of different proportions at different times. Combination is given both in powder form and many times she prefers its use in form of decoction. From where you got this combination? She replied in fact I read the miraculous effects of all these herbs

as individual herb and thought that in combination it will give more promising results. I searched the literatures but failed to get such combination. In general Mandukparni is used as substitute to Bramhi. In this formulation both herbs were used. At last I warned her to stop experimentation with own kids. Consult health expert specially herb expert for proper combination as well as doses. In the name of memory enhancer dozens of products are available in market. Many manufacturers claim that they have used the ancient formulations but there is no surety of use of pure herbs. In ancient literatures the use of such herbs have been mentioned for very short time but I have observed that in general these are given regularly round the year and many times up to many years. It seems that there is a need to clear the wrong concept the natives are having about these memory enhancers. No doubt the ancient memory enhancers are effective but its use under able guidance gives the desired effects. I prefer the use of commonly available time tested home remedies for this purpose. In [India](#) we are having hundreds of such remedies and fortunately most of it are still in use in different parts.

The combination of [Ghee](#), Mishri and [Kali Mirch](#), is one of these simple combinations. Since childhood I am taking this combination especially during winter. This formulation reached to my mother from [Jabalpur](#). She was using it as memory enhancer but when I approached to the [Traditional Healers](#) of Chhattisgarh with this formulation later they informed about its multiple benefits. According to them this combination is promising brain tonic. It gives sound sleep and also useful for common problems of cough and cold. It is not wrong to say that this combination is given in winter to get protection from diseases common in winter. Although it is used during winter only but the Healers confirmed that its effects remain up to whole year. One season use not requires other such combinations in different seasons. All these ingredients are commonly available and having proven effects, then many times I think that why our young parents are not using it?

We all know that modern academic courses and unnecessary competition generate much mental tension among the kids. As result poor sleep is becoming common problem among them. Young mothers take the services of modern experts and as result the kids have to take modern remedies having side effects. To such mothers I suggest the use of another home remedy. Kids are suggested to wash the legs up to knees before going to bed. Then mothers are suggested to massage the sole with [Til oil](#). This simple massage results in sound sleep. This massage is effective for the people of all age. Many times mothers expect herbal oil. As placebo I add few herbs in such oil for their satisfaction but in fact Til oil acts in miraculous ways. For kids sensitive to cold are suggested to use Til oil in summer and [Sarson](#) oil in winter.

Bed-wetting is also a common problem and we know that many remedies are given by modern experts. As student of [Homoeopathy](#) I am aware that through 'Single dose miracle' this problem can be solved but I have mentioned in previous research article about the more simple treatment of this trouble. The Traditional Healers of Northern Chhattisgarh collect the roots of [Chhui-Mui](#) plants and tie it with the help of red string around the belly of kids during night. It acts in promising way and they get rid from this trouble in very short time. According to the Healers of Chhattisgarh Plains the use of above mentioned memory enhancer acts in promising way in this trouble.

In Chhattisgarh platters prepared from different leaves are in use in rural and forest regions. I have mentioned in previous research articles that these platters are having therapeutic values. Although natives are not much aware of it but the Traditional Healers are having rich traditional medicinal knowledge on this aspect. The kids having slow physical and mental growth are suggested to consume hot [rice](#) served on the platters prepared from [Pipal](#) leaves. For different diseases the Healers have different types of platters. Through surveys I collected information on 31 types of platters for one-month use. According to the

Healers every day new type of platter must be used in specific sequence. One-month use clears all the troubles of kids. This one month treatment is enough for whole life. The limitation of this knowledge is the use of hot rice and [Dal](#). These popular foods served on platters only give the desired results. After attending my lecture in local club a woman has started the use of platters and one day invited me to her home. I reached at the time of lunch. I found that instead of Rice and Dal the kid was served [Chinese](#) noodles in platters. I warned her about the basic rules. And informed that if you are doing it as experimentation then keep it in mind that experiments may result in both types of effects i.e. positive and negative. So my advice is to give the task of experimentation to the experts.

In earlier days [potato](#) based products were not much popular in India. Now these spicy products have reached in the hands of kids. They are using it as substitute to breakfast. As result they are getting digestive problems. By reading my article many young mothers approach to me with questions to suggest healthy as well as tasty alternatives of such products. I suggest them the most simplest and most healthy breakfast of children of rural and forest regions of Chhattisgarh [Chana](#) and Murra with instruction. Don't force the kids to take [Chana](#) and [Murra](#). This is good for whole family. Hence introduce it in breakfast table and let kids attract themselves towards it. In Chhattisgarh many less spicy preparations from Murra are prepared. [These preparations](#) are promising alternatives to modern potato based products.

Like above mentioned home remedies and simple indigenous solutions we are having rich knowledge. There is need to revitalize these practices. In earlier days we were asking from our parents and old family members about common troubles of kids. Now we have changed our attitude and for small trouble we are approaching to the modern experts. I feel that we must try to respect and understand our traditional practices. After all these are results of many centuries' experiences.

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Don't ignore the treasure gifted by Mother Nature.

Pankaj Oudhia

Abstract

Beside protection of treasure gifted by Mother Nature there is need to search and understand its hidden secrets for the benefit of mankind. Through knowing the status we can protect it in more promising way. In present article author has shared his experiences in this regard by giving examples of rare medicinal mushroom and Shea butter in [Indian](#) state [Chhattisgarh](#).

Traditional Healing

Although in rainy season it is tougher job to travel in forest region but I prefer travel not for the collection of herbs but for the collection of wild mushrooms. This year is my tenth year of this type of survey. In general I find well-known types of wild mushroom but the visits help me to observe the collection methods and ways in which it is used to prepare different dishes. Through these surveys I have found [Chhattisgarh](#) rich in mushroom diversity. This year I visited to Southern Chhattisgarh for the collection of rare ferns. On way I instructed my driver to take the car off road and enter inside the forest. As it was time

of heavy rains we were aware that it was not possible to go deep into the forest. The off road traveling was not the waste effort. I observed wild population of unique mushroom. The natives were collecting it. I introduced my self and started gathering information on it. I have never seen such unique type of mushrooms. The natives informed that many of these species are used as food whereas others are used as source of medicine. They were collecting it to sell it to the [Traditional Healers](#). They further informed that it is very hard to find this mushroom as it grows in dense forest and appears on ground for few hours. So what price you get for this mushroom? I asked. No price, they replied. When they supply it to the Healers in return get assurance of special care of their families round the year. As these mushrooms are not in trade there is no demand from the herb traders. I collected samples and taken photographs. After coming back to [Raipur](#) I posted many of these pictures to the world experts. I was not hoping any new information. But when the report of experts came it was full of good news. One of the species was new for the [India](#). According to the experts this species was not reported from India. In [Mexico](#) and [China](#) it is reported and used as food but its use as medicine especially as [aphrodisiac](#) in Indian state Chhattisgarh was new information for the experts. They found another species having potential for commercial production. Many species are still under identification process. The world experts suggested me to submit project in order to get international fund for this new discovery. I am aware that it is very hard task. First of all by education I am not mushroom expert. I am Agronomist and it is general belief among the academicians that any person qualified in any field can do only the work in same field. Agronomist cannot do work in field of Entomology. When I discovered insects having potential to feed on plastic the Entomologists raised the similar objections. A second big hurdle is my work as freelance researcher. In rare cases funding organizations give financial support to individuals. I assured the world experts that I would continue my surveys and work even if there is no funding.

In year 2001 as Director of [Raipur](#) based organization I organized National Research Seminar. The focus was on herbs as well as on Mushrooms. In this seminar the mushroom experts emphasized on need of conservation of endangered Mushroom species in Chhattisgarh. They informed that much has been invested on this aspect and much is still required. While preparing Biodiversity action plan with the Chhattisgarh government as herb expert I attended many meetings where the mushroom experts raised the same demand. When I visit to forest and get new species their words come in my mind again. I feel that before investing for conservation, there is need to know the treasure the Mother Nature has provided to us. Without knowing it completely how we are asking for funds for the conservation of species identified with the help of superficial surveys and fieldwork? Like medicinal mushrooms there are many less studied and less known gifts of Mother Nature's exist in the state. The natives of different countries are taking the advantages of our knowledge as well as these gifts but we are ignoring it. The example of Shea Butter is among such examples.

While passing through the [rice](#) fields near [Sal](#) forest in Southern Chhattisgarh my driver showed me a group of tribal farmers engaged in cooking meals. We stopped and started discussion with the farmers about traditional foods. They were preparing [Kodo](#) Bhat and curry from [Kareel](#). As cooking medium they were using greenish butter like substance. When I asked they replied that it is oil collected and extracted from Sargi seeds. [Sal](#) is known as Sargi locally. They collect the kernels of Sal and boil it in water. The oil accumulated on surface is collected and used as cooking medium. Although I was aware of use of Sal butter in this way but this was my first practical experiences. After much hesitation they got ready to take lunch with us. I found the curry cooked in Sal butter tasty. Later when I approached to the Traditional Healers of that region and shared unique experience with Sal butter they said without any delay that now you will remain free from intestine related disease up to long time. It means Sal butter is having this unique medicinal property. They informed about its many advantages. According to them the use of Sal butter and other Sal based products by living in Sal forest regions give more promising effects. I have mentioned in previous research articles that Sal butter is used traditionally in Chhattisgarh to make the

skin smooth. It is used alone and in combination with other herbs mainly with [Agave](#) and [Aloe](#) in order to treat wrinkles. Sal butter is also used as medicine in treatment of skin diseases. Very few of us know that for most popular beauty creams based on Sal Butter used by the Hollywood superstars, Chhattisgarh forest contributes a lot. Every year tons of Sal butter is exported to [Malaysia](#) and other countries and through these countries Sal butter reaches to [USA](#) and [European](#) countries as substitute for Shea butter. In general it is added in chocolates as promising substitute of [Cocoa](#) butter.

It is really sad to observe that the rich families of India are using Shea butter based products from foreign markets. They are paying much for the indigenous knowledge as well as indigenous products. In Chhattisgarh neither the Sal butter is in use as cooking medium in urban areas nor any unit is engaged in preparation of pure beauty products. Why our researchers have ignored this medicinal oil? Why we are forced to take [Safflower](#) based cooking oil in the name of health troubles? In [Ayurveda](#) Safflower oil is not recommended for this purpose due to many harmful effects on health? We know that Sal seeds collection is giving returns to the tribal but still they are not getting the actual profit. There is need of detailed research work without any delay and to establish Sal butter based industrial units by the tribal in support of governmental and non-governmental organizations.

The examples of new species of medicinal mushroom and Sal butter are enough to show our ignorance towards our own treasure. May I hope that this article will motivate all of us to think and act in the way of knowing and caring this treasure?

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Mother Nature knows sure cure for troubles caused by its components.

Pankaj Oudhia



Abstract

It is old saying that Mother Nature have sure cure for all troubles. The rich traditional medicinal knowledge about herbs and insects the natives and Traditional Healers of [Indian](#) state [Chhattisgarh](#) are having is enough to prove this old saying. In present article author has shared his experiences with Mother Nature's helping herbs and hidden secrets.

Traditional Healing

The [beautiful flowers](#) of [Dhanbaher](#) have always attracted me. I have taken hundreds of pictures of these flowers but still during flowering season i.e. summer I never miss chance to take more pictures in different locations. This summer I was in [Keshkal valley](#) for the photography. The natives informed that during morning time specific species of birds visit to these flowers. We decided to stay in nearby village whole night. In order to clear up the Dhaba food in stomach using my knowledge I picked matured [pods](#) of Dhanbaher and taken the pulp internally. It is well-known laxative in the rural and forest regions of [Indian](#) state [Chhattisgarh](#). Next morning after one clear motion loose motions started indicating that pulp was taken in larger doses. I tried [Homoeopathic](#) drugs but failed to get the desirable effects. My team members approached to the [Traditional Healers](#) considering the situation tense and serious. They told the Healers about the use of Dhanbaher pulp. As first response without any delay the Healers questioned, "Dhanbaher has done wrong then why you are here? Go to Dhanbaher it will cure you." Dhanbaher will cure the trouble? The members requested the Healers for help more humbly. The Healers visited to the same tree from where I collected fruit pulp and instructed the members to harvest handful of Golden flowers. The Healers boiled the flowers in water and boiled flowers are given to me with suggestion to chew it gently before swallowing. I followed the instruction and very soon the loose motions stopped. Later Healers explained in simple words that for the problem generated by Nature only Nature is having

sure cure. Boiled flowers are having capacity to stop the loose motions caused by over use of pod pulp but flowers are not effective in case of other types of loose motions. And the most important thing is that the use of flowers alone cause the same type of loose motion as the over use of pulp.

Few years back I was motivating the young farmers to enter in the field of Indian medicinal and aromatic crops. I suggested them long list of crops suitable for different needs and conditions. [Kevatch](#) was one of these crops. The farmers raised the question that the hairs on pods of Kevatch produce irritation and its cultivation in fields means causing harm to farm workers as well as cattle. I was in favor of cultivation of black Kevatch. [Black Kevatch](#) is having more irritation than other types but it is having heavy demand in both national and international market. Finally the farmers decided to go for [white seeded](#) less irritating Kevatch type. A question came in my mind that if Black Kevatch pod is so irritating then how the Traditional Healers are collecting it? Black Kevatch is used in many popular herbal combinations in traditional systems of medicine. I approached to the Healers with this problem. They said what the Healers of Keshkal said. Take help of nature to solve the problem related to it. They suggested me to examine and list out the herbs growing in surroundings of naturally growing Kevatch plant. I searched and listed out many herbs. The Healers selected an herb and instructed me to chew it. Ten minutes after chewing they further suggested to collect the pods with hand. Without any protection? Yes, yes-they replied. With much fear and question I tried it and surprisingly there was no irritation. Later through surveys I found at least twenty types of such herbs having capacity to reduce the irritating effect of Kevatch pod hairs. These herbs grow in different regions of Chhattisgarh but always grow with Kevatch plants. These helping herbs are having positive effect on human health also. Most of these herbs are used as tonic and the natives use it when they have to pass from dense Jungles full of bad situations. Later I demonstrate the effects of these herbs on Kevatch irritation to the farmers. Many of them got ready to cultivate Black Kevatch. They planted the helping herbs along with Kevatch crop in order to take its helps during harvest.

Aware of rich medicinal properties of [Aloe vera](#) we plant it at home and use it as natural gift for [maintaining beauty](#) but very few of us know that the yellow liquid from the base of Aloe leaves is harmful to human skin. It produces irritation and many times its treatment becomes a tough job. It must not be mixed with the [Aloe leaf pulp](#) commonly used for face and hair care. If by mistake one gets irritation due to this yellow liquid what is solution? In urban regions the natives try anti-septic creams and in case of failure approach to the modern experts. But in rural and forest regions they simply try to use the wet black soil. In case of failure they approach to the Traditional Healers. The Healers instruct them to use Aloe plant to solve the problem created by Aloe. The patients are suggested to apply Aloe pulp on affected portion. It means the problem caused by the liquid present in lower side of leaves can be treated with the help of liquid present in upper parts of leaves. It is miracle of Nature.

According to the Traditional Healers of Chhattisgarh we know very few such miracles of Mother Nature. Most of the miracles are around us as hidden secret. The Healers of older generations still search these hidden secret but the Healers of young generation want to practice the knowledge without any modification and also without adding any new information in this ancient knowledge. This is not good sign. Not only in case of harmful effects of herbs but also in case of animals these Healers use the secret knowledge of Mother Nature. I have mentioned in previous research articles that how the Healers of Chhattisgarh use the dead scorpion to treat the sting of same scorpion in unique way. Through Ethnobotanical surveys conducted in different parts of Chhattisgarh I have collected much information on this aspect. Most of this information is available in form of written document.

Beside self-experimentation the Healers learn much from the wild animals. These animals consume wrong parts of herbs accidentally. They are not having modern medical facilities. They are aware of Mother Nature's helping herbs to get rid from these troubles. While visits to forest the Healers pass much time observing the activities of wild animals. Many times they take big risks for it but always they get enough by investing much time. The Healers of Bhopalpatnam region have searched the natural way to collect the milk of Tigress through such regular observations. It is beyond imagination for the researchers like me. Like Traditional Healers, herb collectors are also having rich knowledge on this aspect.

Through this research article I would like to request the young researchers around the world to come forward for the documentation of this important traditional knowledge and observation. Our forefathers have done a lot for us. Now it is our turn to work for the future generations. We are already giving new diseases and polluted earth to them. Daily we are cutting forests and damaging wildlife. Larger population is engaged in this destructive approach but I have yet not lost the hope. Only few volunteers can do much work. Even through conservation and protection of knowledge we can contribute a lot. So lets start.

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[Traditional medicinal knowledge about herbs and insects used in treatment of Sick Cell Anaemia in Indian State Chhattisgarh.42. Use of Bahera leaves.](#)

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Are you aware of unique traditional ways of herb application?

Pankaj Oudhia



Abstract

In [Indian](#) state [Chhattisgarh](#) the natives and Traditional Healers have rich traditional medicinal knowledge about different ways of application of medicinal herbs. This knowledge is in danger. There is need of its documentation and to provide scientific base to it. In present article author has shared his experiences with these unique ways of herb application.

Traditional Healing

After regular drill in school I felt dizziness and sat down. Seeing my condition school administration tried first aid measures and then decided to contact my parents. My father suggested taking the services of well-known [Homoeopath](#) of that time Dr. B.R. Guha. When I reached to his dispensary my condition was not so to take any medicine internally. My parents were in much worry. Dr, Guha took Mother Tincture of Homoeopathy and suggested its application in form of rub on my wrist. Surprisingly very soon I returned to normal condition and gained my vigor. I was much impressed by the miraculous effects of Homoeopathic drug and more on the way of application. Later I read Homoeopathy as course and tried to find the life saving remedies used in this way but got very little success. Although I learnt much Homoeopathy from him also but he never disclosed the secret of drugs administrated in this way.

The serious health condition of my friend forced me to visit to [Traditional Healers](#) Southern Chhattisgarh with him. His father was in coma and was admitted in famous hospital of Bhilai in support of life saving systems. According to the experts there was no cure for this condition. After listening all the trouble carefully the Healers suggested me to wait for a day. He visited to forest and collected tree bark. It was converted in to fine powder and given to us with instruction to apply this powder in form of fine paste on

the sole of the patient and observe him minutely. If within hour any change or any movement will happen then everything will be positive and your father will get rid from this trouble although it will take much time. We were worrying that if we were given herbal combinations like other Healers then how will we administrate it on the patients at modern hospital? But this simple taste encouraged us a lot. After coming back we adopted the same procedure and fortunately found the reaction half an hour after the application of fine powder. Without any delay we returned back to the Healers. I introduced myself and shared my experiences with herbs and insects used as medicine. Seeing my interest they permitted me to visit to forest for the collection of herbs. They showed me the tree from which bark was collected. I identified it as [Kutaj](#). They collected a small plant of Kutaj and given to my friend later and suggested that during treatment of his father take care of it and after complete cure suggest father to take care of it life long. According to the Healers this tree is having capacity to provide relief to such patients. The patients using its different plant parts as medicine and living near to it gets more promising effects than its use alone as medicine.

During first visit to the Kutaj tree they applied herbal solution neat to its base. They explained that this application activates the medicinal contents of tree. Two days after this application they visited again and collected the bark. Bark was collected very carefully. After collection another solution was applied in order to help the trees to recover from injuries. This ancient knowledge is known as Traditional [Allelopathic](#) Knowledge. It is still in practice in different parts of [Chhattisgarh](#). After returning back they prepared herbal combination by adding 16 types of herbs. It is given in form of powder with instruction to apply it as paste in sole and palm of patients three times in a day. And what about Allopathic treatment? They replied that continue it. It will not affect this treatment. My friend tried it and his father got much relief very soon.

I have mentioned in previous research articles that how the Traditional Healers of Chhattisgarh having expertise in treatment of [Leucoderma](#) use [Aloe vera](#) pulp in unique way to test the purity of blood. The patients are suggested to crush the pulp with the help of legs. Based on the purity of blood tongue experiences the bitterness of pulp crushed through legs. If it happens in short time it means blood is free from impurities and if it takes much time it shows impurities are there and there is need for treatment. This traditional diagnosis method is also used by some Healers as treatment of Leucoderma. I use this method to demonstrate the miraculous properties of herbs and its effects on human body during my lectures.

Since childhood I am seeing such unique mode of application of herbs and herbal combinations. As you know that bare foot walking on [Doobi](#) having dew drops during winter morning is beneficial for our eyes. This is common knowledge available with the natives of Chhattisgarh. As home remedy to get healthy eyes the use of Sarson Tel is also well known. Before going for bath it is advised to massage this oil on thumbs of legs. It acts in promising ways but it requires continuous use up to long time. There are hundreds of home remedies like it in Chhattisgarh but modern natives are going far from these remedies and it is becoming thing of past.

Before ending this article I would like to share my experiences with the Healers having expertise in treatment of so-called dead people due to poison of deadly snake. In general after official declaration of death the bodies of such patients are flowed in river according to religious belief. The Healers living far from human population often collect such bodies and through their traditional knowledge try to give new life to it. As a student of science it is hard to believe but as Ethnobotanist I feel that information on this aspect must be documented. These Healers keep special herbal powder with them. They apply

immediately this powder in form of fine paste on the wrist of dead person. Based on the movement in body they determine the condition as well as time required for complete cure. I have seen all this only once in my life. They don't utter mantras or practice Tantra activities. They use only herbal knowledge for it. During interactions they informed that that success is very rare. In many cases the recovering people lose their memory. They treat it to make them life long followers. They keep their identities secret. These Healers never stay in one place for more than a day. The group from which I collected this information was of Chhattisgarh origin. I feel that detailed scientific studies on this knowledge will not only provide scientific base to this knowledge but also save thousands of lives around the world. I am still not sure about the efficacy of this knowledge but ever increasing members of this group forces me to believe on it.

The above-mentioned interactions always motivated me to document information on this interesting aspect of Traditional medicinal knowledge. I have found through reference literatures that this knowledge is in danger around the world. Without verifying and understanding it modern natives reject such claims and as result we fail to utilize such knowledge for human welfare. I feel that this article will encourage you to conserve and document such practices happening around you.

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Get sure cure for your health troubles through Herbal Bed.

Pankaj Oudhia

Abstract

Use of different types of leaves and other plant parts in form of Herbal Bed is an age-old practice in [Indian](#) state [Chhattisgarh](#). The Traditional Healers treat their patients with the help of this knowledge. The author has documented this knowledge. In present article he has shared some new experiences with these Herbal Beds.

Traditional Healing

I receive many letters with the common complaint of burning sensation on extremities especially on palm and sole. The patients search cold part of bed and desire to keep something cold in affected parts. Based on my knowledge I suggest them to apply the juice of new leaves of [Bambri](#) tree, if available and very soon you will see its miraculous effects. But when many people show dissatisfaction with this treatment then no answer remains with me. Few years back I decided to put this problem among the [Traditional Healers](#) of [Chhattisgarh](#). During rainy season I got opportunity to visit the villages of Southern Chhattisgarh. I observed that Healers were collecting the leaves of [Kamal](#) and medicinal [weed Typha](#). Kamal leaves are having religious importance and Typha shoots along with leaves are used as for thatching in this region. But Healers were collecting it for other purpose. They informed that in rainy season different types of fever are common and in many cases due to high temperature many patients loose their lives. They use these leaves to prepare special Herbal Bed. The patients are advised to sleep on it. It not only treats the body ache but also reduces the intensity of fever. It is used as supplement treatment along with main treatment of fever but in many cases especially at early stages the patients get much relief even single use of this Herbal Bed. At that night I visited to many patients with the Healers. They were distributing the leaves to the patients along with the herbal combinations. I have mentioned in previous research articles that leaves and plant parts of hundreds of plant species are used by the natives and Traditional Healers of [Indian](#) state Chhattisgarh for different purposes. They are having rich traditional knowledge on this aspect. The use of Kamal leaves for this purpose has also been reported in reference literatures related to different systems of medicine in India but its use with Typha was new information for me. The Healers are having explanation for it. According to them many times the use of Kamla leaves alone results in common cold like symptoms after the lowering of temperature. When Typha leaves are added it reduces the harmful, effects of Kamal leaves. Typha is known as problematic weed among the weed scientist community but for the Healers of Chhattisgarh it is having many medicinal uses.

The Traditional Healers of Chhattisgarh Plains especially from Bagbahera region use the leaves of specific groups of plants for the patients having mental troubles. In this group they use the leaves of [Nagar Motha](#), [Bach](#) and [Kukronda](#) and prepare Herbal bed. The patients having mental trouble are advised to use this bed in place of common bed. They are instructed to take deep breath during night, if possible and try to remain on bed with minimum cloths so that every part can remain in touch with the special bed. Every day new bed is prepared. As all these herbs are available very commonly there is no problem in its collection and use. Bach and Motha grow in marshy places whereas Kukronda grows as winter season [wasteland](#) weed. Kukronda is used before flowering as after flowering the leaves lose its medicinal properties to great extent. As it is hard to get Kukronda round the year and fresh leaves are used for preparation of bed the patients many times use only Bach and Motha leaves. Internal use of Bach is well known for mental troubles but its use in this way was new information for me. The patients having regular attacks due to mental troubles are generally referred to mental hospitals where hi-power modern drugs full of side effects are given to them. The Healers claim that the use of Herbal Bed based on traditional knowledge up to specific time can provide great relief to the patients in such cases. The senior Healers informed that this bed is having other health benefits also. By increasing the proportion of Motha leaves and reducing the proportion of Bach leaves one can use it for sound sleep. Based on the condition of the patients in general the Healers prepare the beds of different size and shape. Small children are not suggested to use it. When it is used then the Healers remain available for supervision.

Few years back I heard about the promising effects of wood piece of Dahiman plant. It is said that by simply keeping wood piece in hand it starts lowering blood pressure and in this way it is having immense potential in case of emergency. Many senior natives of [Bilaspur](#) regions have also confirmed this miraculous effect. Later when I asked about this wood and its effects to the Healers of Chhattisgarh, the Healers of different regions gave different comments. They were unanimous about its use in treatment of hypertension. Many claimed that all type of wood doesn't produce same effect and hence before use checking of its power is required. Old trees give more powerful wood- the Healers of Gandai claimed. The Healers of Kondagaon informed that the pith of tree gives real effects. The senior Healers of Bhopalpatnam region informed that as it lowers the blood pressure sharply it must be used in supervision of the experts in order to keep check on this sudden lowering. The most useful information related to this article I received was from the Healers of Ambikapur region. It was related to leaves not to Dahiman wood. In modern life tension is present with everyone. In such condition the Healers suggest the natives to prepare Herbal bed using fresh leaves of Dahiman. It acts in promising way and is more effective than modern medicines. They are aware that it is very difficult to get fresh leaves daily especially in metro cities far from forests. In such cases they suggest the use of shade-dried leaves. In modern beds in with [Semal](#) the addition of dried leaves are suggested. Maximum fifty percent is added with Semal. They suggest the change of this bed in every three months in order to get the desired effects. But many of us use the synthetic beds having no Semal or other natural fillers. For such natives the Healers warn that such beds are responsible for many of our health troubles and hence there is need to stop its use without any delay.

Through Ethnobotanical surveys conducted in different parts of Chhattisgarh I have collected information on hundreds of types of Herbal Beds and Pillows. I have documented this information through my research articles. After reading these articles many natives write to me that this is unique knowledge and by living in Chhattisgarh they were not aware of this knowledge. For the Healers it is very common knowledge and most of them are not aware of its importance at global level. The young natives of forest and rural regions don't pay much respect to such knowledge. As result this useful knowledge is becoming a thing of past. The readers of my research articles living far from India send request to buy such types of Herbal Beds. They ask for raw herbs in case of unavailability of bed. Healers prepare it only for the purpose of its use. They don't care for its look. I see tremendous scope in utilization of this knowledge

through the tribal youth in form of small cottage industries by safe guarding the benefits of the Healers. I have tried many of such beds successfully specially beds prepared from [Fudhar](#) plant parts. I presented it to many friends also. I am not having doubt about its effects but I am aware that modern society will believe on it after scientific studies. I requested many researchers to come forward to conduct research work on this aspect but failed. Most of the researchers consider it as new work having no reference. It seems that they are much interested in re-search rather than new search. Lets hope that this article will again motivate our young researchers to come forward.

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Lets give chance to Seetaphal for sound health.

Pankaj Oudhia



Abstract

Seetaphal or Custard Apple is well known fruit plant of medicinal importance in [Indian](#) state [Chhattisgarh](#). Its all parts are used as medicine by the natives and Traditional Healers. In present article author has shared his new experiences with this fruit plant.

Traditional Healing

From October onwards I never miss the chance to visit through Kanker- Jagdalpur road during daytime and especially during market day in order to get plenty of [Seetaphal](#) fruits. Although this fruit is available in village markets and metros but I have found the fruits available for sell in this road especially rich in taste. In general I avoid any meal on this day and whole day consume these fruits. Co-travelers as well as driver enjoy this sweet trip every year. I am making this trip since last ten years. Earlier at the end of day due to very cold nature of these fruits usually I was getting severe cold and cough but due to its taste I was ready to take all such risks. Later when interacted with the natives and [Traditional Healers](#) of this region they showed me ways of eating Seetaphal with less harm to health. They know well that Seetaphal is very cool in nature and it is one of reasons why it has got the name Seetaphal (Sheet- Cold and Phal-fruit). In general we were purchasing the fruits from market and after consumption of pulp, seeds and peels were thrown out of window. The senior Healers of Southern [Chhattisgarh](#) suggested us to keep the seeds as well as peels with us for future use. Drop the seeds in different places during long journey so that our future generation can get chance to eat the sweet fruits of wild origin. And after reaching to hotel at Jagdalpur try to dry the peels. After drying burn it and spread the fumes in different corners of hotel. Adopt this practice in homes also. According to these Healers the fumes are having anti-microbial properties and it aids in making the rooms free from harmful germs. They also suggested the inhalation of fumes specially after over eating of these fruits in order to nullify the effects of its cold nature. It is hard to believe but I have tried it successfully for both purposes. The idea of spreading of seeds in natural forest is also very good. I have observed the rich wild population of Seetaphal plants in different parts of

Chhattisgarh. The plants growing in natural conditions without any care give more tasty fruits. According to the Healers these fruits are richer in medicinal properties also.

In reference literatures related to different systems of medicine in [India](#) the information on nature of these fruits has been mentioned but the information of its management through the use of its own peels is unique information. Although this fruit is well known in many parts of the world but I have yet not found this specific information in world literatures. Although the Healers are not aware of its mode of action but I feel that our young researchers can do this job of searching the science of this knowledge.

In Chhattisgarh Plains the farmers keep the seeds with them. During survey I observed it with many of the farmers. As I have mentioned in previous research articles that seeds in powder form are used to wash the hairs, I thought farmers have kept it for this purpose. But during surveys in Bagbahera region I observed that in order to kill the worms in open wound they use it alone and in combination with other herbs. The farmers of [Durg](#) region use it with cow urine. According to them it is still very effective treatment.

Regular sitting and writing articles are becoming problematic for me. Due to increased weight I am going to nearby health club daily. It is modern health club and the members are advised by owners to take synthetic food material in order to remain healthy. Seeing me at club many members aware of my work on herbs ask about natural herbs and fruits. Although the reference literatures are full of this information and also the Healers confirm its effect but very few modern natives know that Seetaphal is good fruit for general body health. For muscle toning it acts in promising ways. Although you will not find it in the modern list of fruits beneficial for heart troubles but as seasonal fruit such patients are advised by the Healers to never miss the chance of its use. Aware of its medicinal properties many patients continue it off-season use in form of shakes and drinks but it is not good practice.

When my father started shifting from traditional farming to modern farming he decided to raise Seetaphal orchard. He purchased high yielding types from local nurseries. Many family friends objected because it is common belief that the cultivation of this fruit plant brings bad luck. This is the reason the natives never allow it in their home garden. The natives believing in Vastu Shastra are much sensitive towards this plant. The Healers are having different opinions about it. Most of them informed that Seetaphal grows naturally in land having poor fertility. It fails to grow in home gardens. Many of them are not in favor of its presence in home gardens. They are not having the scientific explanation for it. So, I was talking about my father's experience with this fruit plant. When high yielding types started fruiting he found that the fruits are not as tasty as the indigenous Seetaphal present in surroundings. He tried to domesticate the wild types with all cares but failed to get good plant stand. This is the reason the Healers suggest to sow the seeds and forget it. It is Mother Nature's job to take care and produce sweet fruits.

For the modern natives having common problem of premature falling of hairs the Healers of Northern Chhattisgarh have prepared a list of 12 types of fruits. Each type of fruit is for specific month. Most of these fruits are seasonal and the natives can get it in surroundings without paying much cost. For the month October the name of Seetaphal is present in this list. Like its use in heart troubles very few of us know that the use of matured fruits is good for hair growth and it gives natural color to it.

We know Seetaphal for its sweet fruits but for the Traditional Healers all parts are useful and full of medicinal properties. During Ethnobotanical surveys in Keshkal region I got information on its rare use.

The Healers having expertise in treatment of mental troubles suggest the patients to prepare special Mala using small pieces of roots and wear it all the time around neck throughout treatment. It must remain in touch with the body. According to the Healers this supplement treatment helps in calming down the patients. Many Healers use the roots internally also. Both internal as well as external uses at a time are considered as promising treatment. The Healers collect the roots from wild population of Seetaphal growing without care. Roots are collected on specific day and time and wooden implements are used for digging. They also practice Traditional [Allelopathic](#) Knowledge in order to activate the medicinal contents of roots before collection.

I have written much about the Traditional medicinal knowledge about Seetaphal but still it seems that I have written nothing. The natives and Healers of Chhattisgarh are having endless knowledge about it. I am documenting it without any modification and also expecting your contribution in this regard.

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Sharing of knowledge makes it rich.

Pankaj Oudhia

Abstract

Is it possible to provide a global forum to all Traditional Healers around the world in order to prepare health strategies for world community? In this article author has tried to search the answer of this question through the examples of benefits of knowledge sharing.

Traditional Healing

In year 1996-97 when I was documenting the traditional medicinal knowledge about herbs useful in treatment of Malaria I shared my knowledge collected from the world literatures with the [Traditional Healers](#). It was about the use of [Sunflower](#) leaves in treatment of Malaria. The use was very simple. According to the literatures the natives spread the leaves on patient's bed and then apply warm milk on it. Patients are allowed to sleep on it. After it whole bed is wrapped around the body. It results in perspiration and fever goes down. Every time during high fever the natives adopt the same practice. I got this information many years back through the famous book by Dr.Cauis. The Traditional Healers of [Chhattisgarh](#) Plains were surprised to know the simple but miraculous way of use of Sunflower leaves. Although Sunflower is not a native to Chhattisgarh but it is under cultivation as oilseed crop in many parts. It is also planted for its beautiful flowers in home gardens. The natives in metros are aware of Sunflower oil, which is used as healthy cooking medium. The Healers assured me to try this knowledge in their routine practice. I informed about it to at least twenty Healers. Five years later when I visited again to meet the Healers they were ready with new information about Sunflower based formulation. All of them confirmed that the knowledge given in world literatures is true. The Healers made slight modification by adding other herbs. The Healers of [Durg](#) region added the leaves of medicinal tree [Doomar](#) whereas the Healers of [Raipur](#) region found [Pipal](#) leaves more effective. The Healers of [Rajnandgaon](#) region tried [Fudhar](#) leaves but due to skin irritation in many cases they stopped its use. They also tried the leaves of [Nirgundi](#) with Sunflower leaves and found that besides lowering the temperature it gives relief from body ache common after this fever. The Healers of Durg region tried different types of milk and found goat milk more effective. Encouraged by these results I informed about this formulation to hundreds of Healers in these years. I shared my knowledge collected from world literatures in form of herbal formulations to the Healers and senior natives. It is hard to believe that every day I am getting new information in form of their feedback. Many times I think that our planners organize various conferences time to time for discussion on political issues. Why don't they take initiative to make world health forum and try to eradicate all diseases with knowledge sharing?

When one of my farmers started commercial cultivation of dye yielding plant [Bixa](#) I was not aware of its natural occurrence in Chhattisgarh forest. Through world literatures I was aware that the American Indian use its fruit pulp to paint their bodies and this painting is having many advantages. Protection from insects especially mosquito is one of these advantages. During late night work with the farm workers especially during rainy season I observed that the workers were much affected by wild insects. I shared my knowledge about the use of fruit pulp. I was not having experience of its practical uses. I tried it at first and demonstrated to them. Very soon they started using the fruit pulp in this way. Later they informed that during nighttime they apply this fruit pulp on exposed parts in order to get protection from mosquito bites. They claimed that it is more promising than the insecticide based creams available in market. When I observed its natural population in forest I started documenting the traditional knowledge about it. I found that in earlier days the warriors were using Bixa fruit pulp in same way to decorate the body. Now

it is becoming old practice. I shared my experiences with the farm workers. The Healers restarted the use of Bixa in this way with expected success.

In previous research article related to Herbal Bed and rich knowledge about it in Indian state Chhattisgarh I have mentioned about the use of different herbs used in this unique way to treat different diseases. Through world literatures I got information on use of [Sphaeranthus](#) plants in same way for getting sound sleep specially after over physical exertion. Sphaeranthus is available in Chhattisgarh. It grows as winter [weed](#) in crop fields and [wasteland](#). It is known as Gorakhmundi or Gudaria. It is well known medicine in traditional systems and its all parts are used both internally as well as externally in treatment of diseases. When I shared this new information with the Healers they got ready for experimentation. At that time I was working in Herbal Health Resort project at Narharpur region. The Healers of this region tried it on themselves and found it effective. They started practicing this knowledge in its original form. Many of them modified it by adding more herbs. Last year I got opportunity to interact with them. As expected they were ready with new information. By adding the leaves of other winter season weeds they have made this herbal bed more effective. Along with leaves of Gorakhmundi as main component they are adding the leaves of [Kukronda](#), [Bathua](#) and [Akarkara](#). All these new herbs not only increase the performance of Gorakhmundi but also giving other beneficial effects. They are suggesting the patients having respiratory as well as heart troubles to use this Herbal Bed. Their experimentation is still on and in this way they are enriching the knowledge collected from world literatures for the welfare of mankind.

We consume [Mooli or Radish](#) with much taste both raw and in form of curry. It is popular vegetable crop raised as commercial crop as well as [Badi](#) crop. The reference literatures related to different systems of medicine in [India](#) are full of information regarding medicinal properties and uses of this herb. I have documented traditional knowledge about it. While reading the world literatures I found shocking information about it. According to these literatures the over use of Mooli may result in hair loss. Hence it must be used with much care. I am aware that this information is shocking for most of the readers but it is true. When I shared this information with the Healers of Chhattisgarh very few of them were aware of this bad effect of Mooli. The positive thing is that these Healers are having measures to avoid this bad effect. They simply suggest the users to fix the amount of Mooli with their hair problem and try to avoid the over dose. They also suggest the use of Gud every time after the use of Mooli in order to nullify the harmful effects.

These are few examples through which I want to put my concept of knowledge sharing and its benefits. I am hoping that someone is also disseminating the knowledge documented in form of my research articles among the Traditional Healers around the world in same way and noting down the results of their new experimentations. I am aware that we are having different types of flora but many plants are common. Also the basic practices of treatment are also having similarities. There is need to bring all these practices at one forum so that we can prepare global strategies for world Health problems. Lets hope this will happen in near future by joint efforts of all of us.

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Its Golden time for utilizing natural herbal wealth for tribal welfare.

Pankaj Oudhia



Abstract

Natural forests of [Indian](#) state [Chhattisgarh](#) are rich in biodiversity. These forests are sources of thousands of life-saving medicinal herbs. These herbs can generate much revenue for the state that can be utilized for tribal welfare. In present article author has shared his views regarding possible utilization of this hidden natural wealth by keeping the share of natives and Traditional Healers, who own it, safe and secure.

Traditional Healing

[Gloriosa](#), [Gloriosa](#). Sudden increase in demand of any herb is not new thing in herb trade. Few months back Indian buyers at National level started search for Gloriosa seeds and tubers. The demand was very heavy and as result mails started reaching to my doorsteps. I verified the genuine buyers and suggested some of local traders to search it in forest. Most of them replied without any effort that it is not available in [Chhattisgarh](#) forest. For Gloriosa you have to go to South [India](#). I contacted experts as well as authorities for the plant parts. They also replied in same manner that it is not present in our forest. I informed that it is present in different parts of Chhattisgarh and natives and [Traditional Healers](#) are having rich traditional medicinal knowledge about it. I have written much about this knowledge in my articles. Few years back many farmers have also cultivated it successfully. When I tried to search these farmers through different agencies I got no success. In general in herbal trade sudden increase in demand of any herb is considered as golden time. In this time one can adjust all the previous losses as well as earn much for coming years. I see it as golden time for beginners to enter in new field of herbal marketing. Due to poor knowledge about herbs as well as its value in national and international markets our herb collectors as well as traders fail to reap the benefits of this golden time. In present demand of Gloriosa finally I requested some enthusiastic traders to provide me vehicle and travel with me in search of this medicinal plant. I used local names rather than scientific name i.e. Gloriosa and very soon the collection of plant parts started. I requested the traders to share these golden moments with primary collectors and give them

higher prices. Most of them followed it. After considerable collection the collectors suggested us to remain some plants in forest for coming years. They also requested the traders to keep this location secret possibly in order to avoid its commercial exploitation. When I was traveling in Southern Chhattisgarh for the search many Traditional Healers requested that please don't collect plant from specific locations, as these locations are well known to make the herbs rich. I followed their instructions. At the same time the idea of tissue culture propagation of these rare types came in mind.

Gloriosa is well known herb of medicinal and religious importance. It is very toxic plant also and its judicious use is required. I have mentioned in previous research articles that in many parts of India including in Chhattisgarh it is considered as Sanjivani Booti used during [Ramayana](#) period. In general it is not planted in home garden as it is considered as plant that brings family tension with it. As ornamental plant Gloriosa holds a reputed position in other parts of world. It is grown for its attractive flowers. Its tubers are very poisonous in nature but the snake charmers are aware of many herbs that can reduce its toxic effects. On Rishipanchmi festival they demonstrate publicly the chewing of Gloriosa roots. The herbs taken internally before this demonstration play important role in this regard.

Like Gloriosa the source of world famous Noni juice [Morinda citrifolia](#) is also ignored by our collectors and traders. Noni is prepared through its fruit juice. I have written a lot on natural occurrence as well as traditional medicinal uses of Morinda plants in Chhattisgarh. Today Noni is available in Chhattisgarh in form of commercial products mainly in name of health drink. It is not prepared in the state. It is coming from South Indian Metro [Chennai](#) and also from [Malaysia](#). I have read the details given in many products that it is good for general health. But you will be surprised to know that in Chhattisgarh it is under sell in the name of sure cure of almost all diseases. The net workers are selling it even as cure for so-called incurable disease [Sickle Cell Anaemia](#). From hi-society to now poor society everywhere the natives are aware of this health drink. For them it is very costly product and many patients are using it by taking loan for it. In other parts of India it is under promotion as medicine for cure of [Diabetes](#). I am not happy with it. Morinda trees are available in our forest and if there is regular demand of Noni juice in different parts of the world then why our planners are not taking initiative for its collection of fruits and preparation health drink at village level in form of small cottage industries? They can give this drink free of cost to the poor natives having different diseases and in lower cost to other natives. It can be marketed at international rates to different countries. Instead of utilizing natural resources why we are taking loan in the name of development?

Few years back herb traders from Metros approached to the authorities with the requirement of Morinda fruits. When they searched Morinda and Chhattisgarh in Google they got my research articles. They approached to me. I suggested to the authorities that we must give final product to them. But they were interested in knowing the hot spot having natural population of Morinda. I refused to provide the information. On request of local herb traders I got ready to provide the fruits to the traders from metros by giving fair prices to the collectors but this time they refused as they were only interested in hot spots.

In natural forests of Chhattisgarh thousands of herbs grow and all are having medicinal properties and uses. Our reference literatures are lacking information on most of these herbs. The [NTFP](#) of Chhattisgarh is well known in the world. From [Harra](#), [Bahera](#) to [Tendu](#) Patta and [Sal](#) seeds all generate revenue for the state but I feel that we have yet not reaped its actual potential. These are routine items and every day new competitors are coming and profit margin is going down. There is need to go for new herbs specially the herbs endemic to Chhattisgarh forests. There is no problem for its marketing. If there is no demand, no matter, we are having capacity to create new demand. Researchers like me are here and ready to extend

support. The authorities are giving emphasis on tourism and I feel that these activities can be associated with it. But the most important thing we need is assurance for the welfare of natives and Traditional Healers by considering it all as their assets. In the trading of new herbs there must be well-defined role of these natives and Healers. Search the world for such ideal example you will find very rare examples. Now the time has come to present our ideal model among the world community so that it can be adopted everywhere with much confidence and faith.

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[Freshly harvested medicinal herbs available with the traders on October 08, 2006 in Indian state Chhattisgarh. Traders of Mahasamund, Pithora and Saraipali have been contacted.](#)

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Lets start documenting endless traditional medicinal knowledge common people have.

Pankaj Oudhia



Abstract

Although we have adopted modern life style but everyone is having information about uses of herbs. There is need to put this information in traditional knowledge database. By ignoring this simple fact experts are focusing their work on Traditional Healers only. In present article author has shared his experiences related to rich traditional medicinal knowledge common people are having and emphasized on need of its timely documentation.

Traditional Healing

'I know that you have done much work in traditional knowledge field but where is your vehicle used for surveys?' By seeing my old scooter an anthropologist of neighboring state [Orissa](#) questioned me. His next question was about the fund generation source. When I answered that I am documenting this knowledge from my own resources and not taking financial help from any one he showed surprise and said 'You want to hide this fact.' I was aware that nothing wrong in his way of thinking. Without four wheeler and sufficient fund it is very difficult to work, even imagine about the working in forest for most of us. Later he showed interest in documenting traditional knowledge about herbs in [Chhattisgarh](#). It was good news for me because for complete documentation there is a need for large number of workers. I asked him why you are not working in Orissa, his native place? Local experts can work in more efficient way among their own people. He replied that by reading your articles it seems that the rich knowledge is only in Chhattisgarh. It is not true. The natives and [Traditional Healers](#) of every part of [India](#) is having rich traditional medicinal knowledge about herbs. Everyone is having new information and there is need for proper documentation of this knowledge. Earlier my work was focused on Traditional Healers and herb collectors but later when I found that natives are having rich knowledge I started documenting this knowledge. In Chhattisgarh we are having over 2 crore human population. One can simply imagine the quantum of knowledge present in the state.

During summer days I was interacting with the natives of Narharpur region. They offered me routine tea or [Pudina](#) based sweet drink in order to get protection from [Loo](#). I asked some thing different, if available. They agreed and in half an hour glassful of cow milk was served to me. It was very tasty. They disclosed that they have boiled the new shoots of [Pipal](#) in this milk. Why- I asked. To make it tasty as well as nutritious-they replied. According to them use of [Pipal](#) shoot in this way increases the digestibility of [cow](#) milk. The senior natives added that its routine use develops natural body resistance. Its regular use will protect you from common diseases. This was new information for me. I was surprised with the in depth knowledge of the natives. Later when I inquired about it with the Healers of the region they informed that this is common people's knowledge. The great thing was that this use was still popular among them. In return of this healthy drink I informed them about herbal solutions through which one can increase the medicinal properties of Pipal shoots. I collected this Traditional [Allelopathic](#) Knowledge from the Healers of Northern Chhattisgarh.

[Charota](#) is well known rainy season [weed](#) throughout Chhattisgarh. It is used as [potherb](#). Also its all parts are used traditionally for preparing medicine. I have written a lot on different aspects of this herb through my research articles. Two days before writing this article I got very new information about it. The senior native of [Raipur](#) city [Mr.C.S.Vyas](#) informed me that new leaves of Charota are having promising effect on kidney related troubles. According to him it is one of the useful remedies for chronic renal failure. Internal use of four to five new leaves daily morning is considered enough. I have mentioned in previous research articles that [new leaves](#) of Charota are used as popular curry in forest and rural regions of Chhattisgarh. It is considered as good medicine for rheumatism, skin related troubles and constipation. I asked Mr.Vyas about the source of this valuable information. He replied that in Sagar region this weed is known as Pawad. It is local knowledge of that particular region. New leaves in raw form give the desired

effects. Its use in form of curry is not much beneficial. I searched the reference literatures as well as my old-field diaries but failed to get this information. I am much surprised with the rich knowledge the common natives are having.

When I was documenting the knowledge about common home remedies in [Bilaspur](#) city I shared my formulations useful in treatment of [Migraine](#). During interaction a senior native informed that in early days he was using the leaves of [Kaner](#) plants for this treatment. The use was simple. The shade dried leaves in powder form were put in to opposite nostrils. For example if the pain was in left side the leaf powder was putting into right nostril and vice-versa. As reaction to dry leaves the mucus tract was showing strong reaction and surprisingly very soon he was getting relief from intense pain. Why you are not using it? He informed that now he is not having this problem but when he shared this home remedy with others one got ready to try it. He informed that new generation is having much faith on modern pills. I thanked him for this valuable information and documented it in my registers. Later when I shared it with the Traditional Healers, for most of them it was new information. They tried it and found it really promising. I got information about this formulation after long interaction. There was a possibility of loss of this knowledge forever if I would have missed the chance of this interaction. Today this single-handed knowledge is in use with at least fifty Traditional Healers giving free services to the patients.

I would like to give one more example. In general the Traditional Healers suggest the patients having [Renal Calculi](#) to include [Kulthi](#) as [Dal](#) in daily meals in form of Dal. In Chhattisgarh [Kulthi](#) is well-known pulse crop in tribal belt. During my surveys in Northern Chhattisgarh once I was collecting the information on herbs useful in treatment of [Leucoderma](#). The senior natives suggested the use of [Kulthi Dal](#). I thought that it was mistake as Kulthi is used for Renal Calculi. They repeated it several times. They also claimed that Kulthi is good for liver as well as heart troubles. Half-heartedly I noted all these information and when I checked it in reference literatures I found very little information about it. I asked to the Healers recommending Kulthi very commonly. Most of them showed surprise. Later I got opportunity to prepare a diet plan for the patient having Leucoderma. I added well-known potherbs like [Bathua](#) and Charota and suddenly the information related to Kulthi came in mind. I added it in the list. The patient was suggested to delete the items one by one to know which item is giving maximum relief. After six months the patient identified the potential of Kulthi. He was using it in form of Dal. Although its use as Dal is very difficult especially for the modern youth as it takes much time in cooking and also it is not much tasty. I suggested him to mix the powdered Kulthi and prepare Roti. In many parts of India especially in Garhwal Kulthi is used in this way. He tried and found it tasty. You will be surprised to know that this patient got much benefit by single use of Kulthi. I gave my sincere thanks to the senior natives of Northern Chhattisgarh for this valuable information many years after this documentation. I am still waiting to see its effect in heart troubles.

These examples clearly show the in depth knowledge the common natives are having. Although they are not aware of its importance and in most of the cases they don't share it considering it as obsolete formulations but in fact thousands of such less known formulations can save many lives around the world. I always dream to make a big team to document all this information without any more delay. This work requires much patience and as mentioned above we have to work without any vehicle as well as fund. I am aware that the young readers reading this article will feel odd as they were considering my documentation work as highly paid job but I want to assure them that this type of work gives new meaning to life and much satisfaction and nothing is precious than it.

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Conventional ways of research need much changes.

Pankaj Oudhia

Abstract

By improving the conventional research methodologies in the field of Ethnobotanical research we can support the on-going traditional medicinal knowledge documentation works in better way. In present research article author has shared his experiences with the existing research methodologies and suggested its possible modifications.

Traditional Healing

When I was working as research scholar at Indira Gandhi Agricultural University, [Raipur](#) for study titled ' Problem perceived by rural youths of [Chhattisgarh](#) working in nearby cities : A study.' I met my professor with survey results. I informed that I have interviewed over 3000 rural youths and now compiling it for the research paper. He said the respondent size taken was very high. You can do such studies by taking

only 100 respondents. He was talking about the sample surveys. I tried to explain that every youth is having different problem then what is wrong in interviewing 3000 respondents. He put a book showing standard research methodology in front of me and said that no one believe on you and it will be considered as manipulation of data. I showed the addresses of respondents and requested him to verify it. He also said that if you ignore the standard sample size as mentioned in these books no one would publish your research paper. Finally he took the replies of 100 respondents. Very soon we published it successfully and received much appreciation from scientific community. But I was not satisfied with it. Later when I entered in the field of traditional medicinal knowledge documentation reference literatures and norms of standard journals forced me to adopt the rules of sample survey. As student of Agricultural statistics I read that sample not always represents the population. Sampling methods play crucial role. Although sampling looks as time and effort saving tool but in field of documentation I found it absolutely wrong research methodology. I have mentioned in previous research articles that every native is having unique information about herbs than how through sample method we can cover whole population. In India and abroad thousands of studies have been done by adopting this method and by wasting millions still most of the knowledge is undocumented and endangered. When I asked about the future of replies collected from remaining 2900 rural youths to my professor, he simply replied that throw it away. I kept it with me and later through on-line research articles I presented it among the world community. Although by education I am not Ethnobotanist but decade long experience has encouraged me to develop new methodologies for real surveys. Through this article I am presenting some of my problems and its possible solutions.

If you want to get project for any Ethnobotanical survey you have to mention specific funds and time duration. Many times I feel odd about these requirements. If you visit to any village and expect that you will get all information within few hours then you are wrong. For such work much patience is required. For getting real information many times one has to pass many years in one village. The strict frames of funding agencies never permit it. These rules force the researchers to present false information. Based on reference literatures they collect the reported work and present it in new form. Many times the Traditional Healers request the researchers to travel with them to far places. The researchers eager to document this knowledge fail to go with Healers due to limited funds. Although I have never worked under such frames but I feel that the change in these rules will encourage the sincere researchers to work in better ways.

As student of Agriculture I always oppose the basic rules of Agricultural extension that says that select the innovators and ignore the laggards. According to the reference books if you go to any new village with new Agricultural technology than after first meeting the natives approaching to you are innovators and the natives showing least interest are laggards. I am not satisfied with both the definitions as well as rules. I feel that so-called innovators can learn from elsewhere also but real challenge is to convince the so-called laggards. In most of the cases these laggards are well-experienced farmers who looks at new technologies with much suspicion. In early days they were innovators but failing technologies have forced them to remain as laggards. In the field of Ethnobotany the natives at the last of row are ignored. You will be surprised to know that my over 13,000 research documents are contributions of these so-called laggards. The extension rules are made for the ease of researchers not for the true research. By adopting these methods the workers complete their targets and shift to new village. Our planners have invested much by adopting this methodology and our villages are still waiting for true development.

In most of the research papers based on Ethnobotanical surveys you will find tables of herbs and its usage but rarely you will find the name of the Healers or source from where information was collected. Also in such tables you will find very little information about usage. I am not satisfied with this way of presenting work. But putting name of source is having its own restrictions. I have very bitter experience in this

regard. When I was contributing research articles at Botancial.com I was giving the names of Traditional Healers with complete details. As result the visitors from different corners of world started meeting these Healers directly by saying that Pankaj Oudhia has referred your name. As most of the Healers share their knowledge to very limited persons the visitors started giving precious gifts as well as using force for extraction of knowledge. When I visited to the Healers they showed anger and many of them refused to even talk with me by saying me as exploiter. Then I decided to keep the names of Healers secret and mention it in my articles only after taking their consents. I feel that there is a need to search way of adding this information in research papers and other publications. Such publications give immense popularity to the researchers but the real Heroes remain in same position. I am putting this burning issue among you for your thoughts and comments in this regard.

On invitation of a reputed organization I visited to [Ahmedabad](#) few years back. They requested me to identify the best traditional healing practices from their big database. When I started this work I found that the database is lacking many basic information. The information was incomplete. For instance, the researchers mentioned the use of Tulsi leaves for the treatment of skin trouble in few lines. There was no information about the stage of plant used for the collection of leaves. Whether wild Tulsi is used or cultivated one? About detailed preparation method, about the duration of use, its limitations, whether it is for children or for the natives of all age group? etc. These information are must in any such database because repetition of same survey is not feasible. It is general observation that the field workers don't consider such information important. They want to complete the questionnaire as much as possible in very less time. While working in Bagbahera region as beginner I gave the questionnaire to my field worker Shri Dorelal. He visited different villages and within week completed it. When I visited to the villages to verify it the villagers informed that he has never visited to him. Few of them confirmed his visit but when I interviewed the same villager I extracted much information. Shri Dorelal got the lesson and very soon learnt the documentation technologies. I feel that big organizations must train their workers before sending them in fields. They can take advantage through experiences of eminent Ethnobotanists. I have noted that every month the national organizations invest much on such work and final outcome remains negligible. If one tenth of their monthly expenditure is given to any sincere team I assure you that they can work more sincerely than it up to many years. I suggested all these to the organization members and as result they never called me again.

I would also mention this important point before ending this article that Ethnobotanist needs much space for his or her work. There is long wait list in our scientific journals. The standard journals ask for page charges. Many Ethnobotanists having real talent are not able to pay such expenses. Their research papers are edited whereas in most of the cases they want to publish the information in its original form i.e. in unedited form. They are much restricted by the research methodologies. Many such methodologies are forcing them to add false information in their publications for the sake of its publication. At last but not the least there is a need to popularize the scientific publication of research papers through databases like Ecoport. So that it can reach to wider readers without paying charges. The researchers can add the information in its original form. I feel world wide discussion is must in this regard without any delay so that the important work of documentation of traditional medicinal knowledge can be done in more efficient way.

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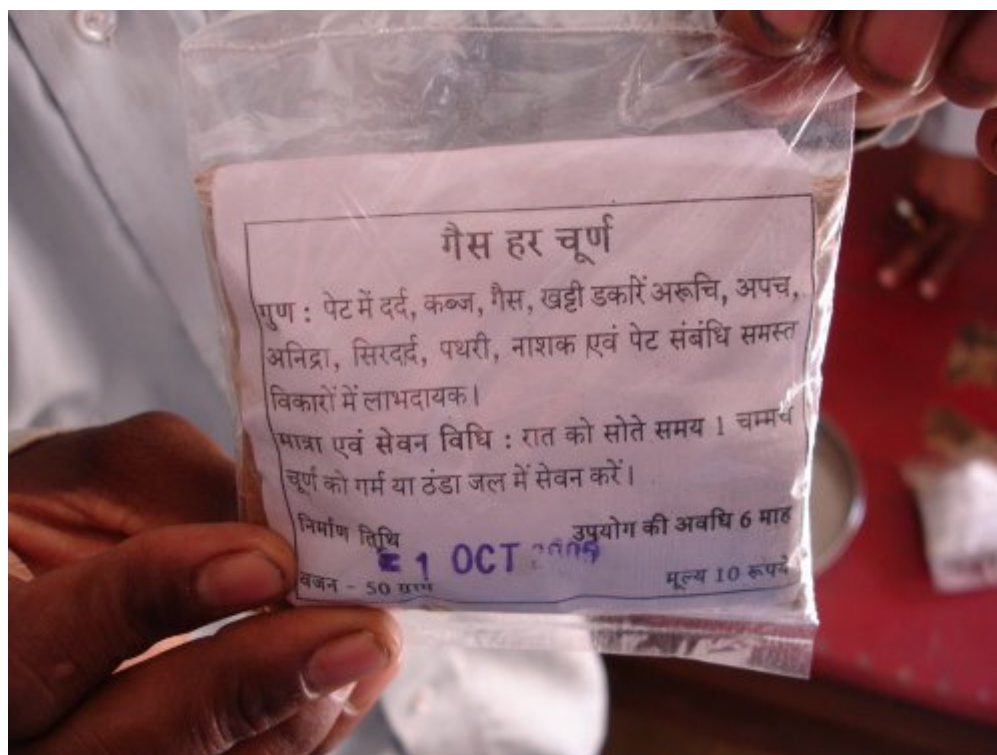
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Lets think about the future of less popular herbal formulations.

Pankaj Oudhia



Abstract

Only effective herbal formulations remain popular among common people as well as experts. Not only from documentation point of view but also from other views less popular herbal formulations are also important. There is need to improve such formulations. In present article author has showed his worry regarding these formulations and suggested possible ways of its conservation and utilization.

Traditional Healing

In rural and forest regions of [Indian](#) state [Chhattisgarh](#) the natives use many herbs and herb parts externally in order to ease the process of childbirth. They apply it in different body parts and after safe delivery it is removed. In majority of cases it is used under supervision of [Traditional Healers](#) but many times it is used by the natives. Few years back when I was documenting traditional medicinal knowledge about herbs in Southern Chhattisgarh the natives informed the use of [Kalihari](#) tubers for the same purpose. Tuber is applied externally on left hand. Many times for more promising effects it is applied on neck. But the natives warned me that its long time or wrong use could take lives of both new borne and woman. This is the reason they are not using it since many years. As substitute they use the roots of common medicinal herb [Chirchita](#). Although it is slow in action but it is considered relatively safe. They use other herbs also. Later the Traditional Healers of this region confirmed the toxic effect of Kalihari. They also avoid its use in daily practice. After coming back I searched the reference literatures related to different systems of medicine in India and found this information mentioned in different forms. Its decreasing popularity among the natives as well as Traditional Healers is not a good sign. Through surveys I have collected information about thousands of such formulations losing popularity. I am worried about its future.

We all know the poisonous nature of seeds of medicinal herb [Datura](#). If used in precise doses and under

strict supervision the seeds can be a boon for the patients having many incurable diseases. Through surveys I identified many Healers using Datura seeds in this way. Most of the Healers don't want to share the secret of their traditional knowledge. They are at the end stage of life. Their young generation is not taking interest considering it as harmful remedies. They prefer the practice of safe medicines. Many of the senior Healers showed interest in training me about it. But when I started I found it extremely dangerous as slight variation in doses can take lives of patient. But as Ethnobotanist I am much worried about the future of this knowledge. When we will loose this valuable knowledge with the Healers how we will be able to provide relief to the patients having such troubles?

I have mentioned in previous research articles that the natives and Traditional Healers of Chhattisgarh are having rich traditional medicinal knowledge about insects and mites. From forest insects to agricultural pest all are used to treat different types of diseases both internally as well as externally. I have hundreds of research articles to document this knowledge. It seems that the quantum of knowledge on this aspect is not available in other parts of the world. Insects and mites are used as food by the natives of different parts of Chhattisgarh but very limited number of Healers are aware of medicinal insects and its uses. Although through articles its use looks simple but in fact as herbs like Datura the use of medicinal insects and mites also requires much care and patience. This is the reason that it is used as last resort when all available remedies fail to give the desirable effects. For bad effects of different herbs the Healers are having other herbs in order to nullify its effects but in case of medicinal insects there are less alternatives. When the insects feeding on poisonous herbs like Kalihari or Datura are used as medicine they take special care. Less use of medicinal insects and more use of its herbal alternatives are creating problem for this unique knowledge. If this trend continues in coming generations we will have no Healer practicing it for the benefit of patients.

Through standard literatures I have collected information of millions of home remedies used in different parts of India. Many of these home remedies are common in different parts of Chhattisgarh also. But through surveys I got information about some rare home remedies. It is bare fact that our most of the home remedies are now limited to reference books. Very promising remedies are in use especially in rural and forest regions. The natives of urban region read about it in daily newspapers but very rarely try it in their daily life. I am much worried about the future of home remedies having poor effects. When I discussed this issue with the senior Healers many of them requested me to present such home remedies among them for comments. I followed their instructions and started putting the less popular home remedies one by one. I found that the descriptions about most of the home remedies were very poor. The Healers added at least ten lines in each remedies and challenged that use it. It will work definitely. I tried few of them and found it true. I also observed that the Healers shared their knowledge to enrich information available with these remedies. Also the Healers of different regions give different types of comments. These observations suggest that there is a need to organize open public discussion on our home remedies. In such workshops every new information must be added in its original form as additional knowledge. From experts to common people every one must take part in this discussion. I feel that series of such workshops across the country (also across the world) will help us to revitalize and revise our ancient knowledge.

It is common as well as sad observation that new generation is not keen to work in the field of herbal research. We need big work force of young as well as enthusiastic researchers full of energy and new ideas. This work force will work to provide the scientific base to this knowledge. It will evaluate the less efficient formulations and try to make it more effective through reference literatures, new experiments and also by taking guidance of Traditional knowledge experts. This dream is possible through new herbal revolution for the common people around the world for good health. I am putting this idea among you

with hope to get your comments and also this article will encourage the planners to think on this important aspect. Every day we are loosing hundreds of plants and knowledge about it due to increasing industrialization as well as modern development. Hence early action is must in this regard.

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Pankaj Oudhia



Traditional Healing

Since student life I was listening about the unique traditional diagnosis methods the [Traditional Healers](#) on [Indian](#) state [Chhattisgarh](#) commonly use. When I started the documentation work in Southern Chhattisgarh I got information on use of specific type of ant for the diagnosis of [Diabetes](#). The natives

informed that this ant avoids biting the person having Diabetic and if it bites then it cures the Diabetes. I recorded what natives informed without any modification. When I interacted with the Traditional Healers they informed that your information is half correct and half wrong. It is true, they said, that this specific ant don't bite the Diabetic patients but it is purely false claim that its bite cures the patients. The Healers were not happy with these false claims. In field of medicinal herbs such false claims are not new. From common person to big herbal companies every one is making such claims and according to the Traditional Healers and other experts these claims are giving bad names to herbal treatment and causing permanent damage to it.

If you search the modern literatures related to herbs you will find many such claims. These literatures present a single herb as panacea. Few years back I was attending a family program. My uncle's friend showed me an attractive product and asked my comment about it. I found it as commercial version of wheat grass extract. He informed that some one has given it as sure cure for all troubles related to old age. It is remedy for Diabetes, hypertension, enlarged prostate and many other problems. As student of science it was difficult to digest such false claims. After reading the details about product I asked him that this product is not claiming it. No, no, the seller informed me about it-his reply was. Wheat grass therapy is known as Jwara chikitsa in India and it is in practice since time immemorial in India. Although the users of this therapy put the work of western researchers in support of its usefulness but the ancient literatures also write much about it. I suggested him to use home grown wheat plants to extract juice for more promising results. Why you are paying much unnecessarily for this costly product? When you prepare different pots for raising wheat plants and daily morning you do much physical efforts to collect the plants and extract the juice it will benefit your body in more promising way than using this product without any effort. For trials he adopted it for two days and very soon he got the key message. He is still using the self-grown wheat plants in same way with much faith as well as benefit and less burden on pocket. When during surveys I asked about the effect and claims related to wheat grass juice the Healers explained that these therapies are useful to develop natural body resistance. It gives new vigor and when the natives at old age get this vigor with good resistance they face the common health problems in better way. They confirmed that this is not panacea for all health troubles. It is marketing tactic to fool the common people in the name of herbs. In previous research articles I have mentioned that how Noni juice manufacturers are fooling common Indians by selling it as sure cure for all health troubles at very high cost. There are hundreds of such cases.

Many times when I approach to the Traditional Healers with the patients from different corners of India and world the Healers suggest some difficult treatments. For example the patients having problem due to poor digestion are advised to go to the forest and collect the herbs or herb parts by themselves. The Healers send their assistants with them. The modern natives at first hesitate to do it but when they adopt it they feel much better even after the collection of such herbs. The Healers are aware that modern natives do much mental work than physical work. Deep breath in forest air and long walk in mud roads are enough to give much relief to the patients without any medicine. We know that thousands of herb-based products are available with us with big claims of solving the digestion related troubles in one or two doses but very few of us get any beneficial effect. Due to new commercialized herbal markets the companies are emphasizing much on propaganda and less in real use of herbs. It is not a good sign.

Aware of my work on herbs many readers around the world ask about different [Ayurveda](#) products. They want to verify the claims made in the advertisements of these products. Many of them blame the Ayurveda when they fail to get the desired effects. It is true that from Internet to newspapers everywhere Ayurveda product advertisements are now becoming common. Most of the companies want to harvest the faith on Ayurveda present in minds of people around the world. Many times they sell the products, which

is not mentioned in Ayurveda in the name of Ayurveda products. For short- term gain these malpractices are adopted but in fact these are spoiling the name of the traditional systems of medicine. In general I avoid giving comment on products the readers sent to me for comment. I humbly request them to come to India to see the true form of Ayurveda, which still lives in heart of natives living in rural and forest regions. They are having richer knowledge than mentioned in ancient literatures. What world is seeing through Internet is commercial Ayurveda, full of false claims. Commercial Ayurveda is for the benefit of few people having less interest in true Ayurveda. The true Ayurveda is free for every one. It is still in practice in its original form. The aim of making healthy world through Ayurveda can be achieved only with the help of true Ayurveda not with the help of commercial Ayurveda. What mentioned in ancient knowledge is knowledge collected from common people. Now these people are having no alternative to purchase the products prepared from this ancient knowledge in very high cost from herb companies collecting herbs from their surroundings. It is not fair.

If you read the ancient literatures specially Ayurveda you will never find false claims about herbs. For every formulation there is specific period of action. There is specific formulation for specific disease. It is mentioned clearly that herbs must be used under the supervision of the Healers or experts. Self-medication is always dangerous. The false claims made by commercial Ayurveda are giving wrong message to common people that herbs are always beneficial which is not true.

In order to maintain the genuineness of pure Ayurveda and other traditional systems of medicine I feel that there is need to discourage the false claims made by persons and companies from different forums. Also there is need to spread the essence of true Ayurveda. Through my research articles in different languages I am trying my best to convince the natives to come forward to protect the reputation of these traditional systems. I am expecting your support also.

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Read it before approaching to the Traditional Healers.

Pankaj Oudhia



Abstract

Thousands of research articles focused on Traditional Healers of [Indian](#) state [Chhattisgarh](#) generate much expectation in the patients around the world visiting the state to meet them. Although the author has written many times about these Traditional Healers, their way of living and method of practicing but through the present article he has tried to present it again with new examples.

Traditional Healing

Few years back I got call from tensed father of young girl from [Mumbai](#) that his daughter is having [cancer](#) at advanced stage. She was studying medical course in [USA](#) and after getting this trouble she returned back to [India](#). His father informed that [Ayurveda](#) treatment from [Kerala](#) was in progress. He approached to me by reading my research articles based on traditional medicinal knowledge about herbs in Indian state [Chhattisgarh](#). He requested me to consult the [Traditional Healers](#) and ask their comments. In reply I requested him to visit to the Healers with his daughter for getting the useful comments. One week later he visited to my home city [Raipur](#). In airport when I welcomed him I found him alone. Where is the patient? I asked. There is no need to bring the patient, he replied. After listening his problem I decided to travel with him for meeting with Healers. We traveled 300 Kms of jungle road and finally reached to the Healer having expertise in treatment of such advanced cases. The Healer was sitting in front of his home and preparing medicine. I introduced him. I found expression of sudden anger in face of visitor. Later when we started discussion the visitor presented big file having modern medical reports. I said that there is no meaning of these reports as the Healer is illiterate. Now his anger increased and he shouted loudly that I have cheated him. How illiterate villagers having no medical degree and having no idea of modern disease can treat my daughter? You have given wrong information in your articles etc. I listened it without any reaction. Without consulting to the Healer he returned back. One month later he again contacted me that as last hope he wants to visit Chhattisgarh with his daughter. We visited to the Healer again. This time visitor was much calm. Treatment started. As it was very advanced stage the Healer tried his best but failed to save her life. The Healer said if treatment was started one month earlier there was much hope for cure.

This was not a new incidence for me. In general the patients and their relatives from big cities consider the healers as the medical experts they commonly see in around them. They expect well-decorated clinic as well as educated experts. I always write in my articles that in Chhattisgarh the Healers live in forest and rural regions far from modern cities. They live like other natives. They practice traditional knowledge acquired from their ancestors. These Healers do not charge fees for their treatment, as they believe that earning from knowledge will result in loss of knowledge forever. Most of the Healers cultivate crops for fulfilling needs. The popular Healers give twenty-four hours services to the patients and their family members cultivate the crops. The Healers visit to forest for the collection of herbs and prepare herbal formulations for limited use. They are having traditional diagnosis methods. And they don't sell their formulations through any shop. If you are expecting modern pathological lab like structures and medical shop having drugs in aluminum foil then you are wrong. I have found them very calm. They talk less and try to assure patience about cure in few words. If they feel that trouble is not curable they inform the relatives in clear words. Many times when visitors visit to them they have to wait up to many days to many weeks till the return of Healers from forest. Most of the modern patients ask difficult questions from them like whether they can eat junk foods with the medicine or whether the medicine can be taken along with specific modern drugs? These Healers are unable to give answers as they have not read the modern medical literatures or done scientific studies to see the effect of their formulations in combination with modern drugs. They are also not aware of junk foods. The medical reports are of no use for them. Most of the Healers feel the pulse to diagnose the trouble. Many Healers perform different tests for knowing the cause of trouble. For example when childless couple visits to them they prepare two separate urinals and sow Lauki plants in each urinal. Both partners are advised to urinate on the plant separately.

Observing the growth pattern they identify the partner responsible for this condition. Then treatment starts. Mental patients are kept near monkeys and by seeing the behaviors of monkeys they decide the seriousness of trouble. For hypertension the patients are advised to sit on bed prepared from specific wood. Normal person feels nothing on bed but patients feel uncomfortable. Modern patients raise questions regarding the science of these diagnosis methods. They try to declare it as blind faith but we know that modern science is giving answers of many such things that were considered blind faith earlier.

For arranging visit to such Healers I never charge fees or other expenses from the visitors. I see it as social service. I visit with them less commonly. I inform them about hotels for stay and about different mode of transportation. After the treatment most of the patients return back even without saying thanks to me. Many feel it not good to disturb me again whereas many think that I will ask for fees for this information. I have seen many patients visit to me after cure with sweets and money. I suggest them to give it to the real Heroes so that they can serve the patients in more promising ways. The Healers use this money to purchase herbs from neighboring states. While replying the queries regarding the Healers I take precaution to identify the genuine patients. Many times agents of drug companies with ill motives try to get the addresses.

In hundreds of mails I receive from defilement corners of the world many patients ask for the e-mail and phone numbers of the Healers. The Healers are far from modern communication systems. Very few Healers are having private phone or facility of public phone. They hesitate in talking in phone. They simply invite the patients to their villages. I am aware that it is not possible for all patients to reach to Chhattisgarh. I dream of establishment of promising bridge between such patients and the Healers. Through our joint efforts it is possible. The authorities can make plans to make this bridge.

After getting preliminary information most of the patients ask for 'The best traditional healers'. Through Ethnobotanical surveys in different parts of Chhattisgarh I have collected information about over 6000 Healers. They are having expertise in treatment of different diseases. Although many organizations organize competition among the Healers but I consider all of them best. After understanding the patient's trouble I suggest them the expert Healers. Many patients visit to the healers with expectation to see any miracle. They believe that one dose will cure the trouble. Many patients ask for the records of patients treated and also addresses so that they can contact to them. I suggest them to come if you have faith in traditional medicines. The Healers are not God but they try their best to treat the patients. Don't expect the results much far from reality. I am in favor of keeping the records of visiting patients but the big question is that who will take this responsibility? The volunteers or non-governmental organizations can do this job. At present we are lacking such records but I feel that in coming days someone will come forward to do this social work. Last but not the least many times the patients take the medicines from different Healers and use it in form of mixture. This practice of self-medication is dangerous and must be avoided.

Through this article I have tried to put all the basic information regarding Healers. I will use it with preliminary information provided to the patients willing to reach Chhattisgarh. I request you all to read it carefully and don't hesitate to ask in case of any question.

Related Ecoport Articles

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[Traditional Medicinal Knowledge about medicinal herbs and insects in Indian State Chhattisgarh: Results of Ethnobotanical surveys conducted in year 2005.](#)

[Working with the real health experts: the traditional healers of Chhattisgarh.](#)

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[Some interesting Queries received in response to Ecoport Articles based on Traditional Healing in Indian state Chhattisgarh between January to October, 2006.](#)

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Prevent and cure Chikungunya through traditional medicinal knowledge this time.

Pankaj Oudhia

Abstract

[Chikungunya](#) is spreading like wild fire in different parts of [India](#). Routine modern drugs have failed to give relief to the patients. In present research article the author has suggested prevention and cure of this disease through traditional knowledge approach and emphasized on popularization of this approach not only in India but also in other countries where Chikungunya is common.

Traditional Healing

Few years back for [Dengue](#) and few days back for [Chikungunya](#) when I approached to the [Traditional Healers](#) of [Chhattisgarh](#) they replied that [Bhui Neem](#) is there to prevent and cure these troubles then why the authorities are not educating and popularizing its use among the natives? Bhui Neem is having well known as well as studied anti-malarial properties and since generations it is in use for this purpose in different parts of [India](#). During the spread of such diseases you will always find the helping herbs in Mother Nature's fields. Bhui Neem is at flowering stage in different forests of Chhattisgarh at his time. The herb collectors are in process of its collection in order to supply it to the local traders. Through them it will reach to the national buyers and they will sell it to drug manufacturing units. These units will prepare different herbal combinations for [Malaria](#) and other diseases and the products will reach back to Chhattisgarh. After paying the fees of Ayurveda experts and cost of products the natives will use it. The natives have to pay for the herbs growing in surroundings because of poor knowledge about it. You will find information about the tallest trees and largest flowers in textbooks that grow in other countries but never find the information about Bhui Neem and its simple uses. In rural and forest regions of Chhattisgarh Bhui Neem is still in use in form of decoction. The natives use it in very simple way. Whole herb is boiled in water and when half water remains the decoction is taken internally. They take this decoction as per their capacity daily during rainy season and at the interval of one week during other seasons. I have used the word capacity because Bhui Neem is known as king of bitter. It is more bitter than the [Neem](#) leaves. This is the reason the natives take it in little amount. The Healers claim that even in little amount Bhui Neem acts as preventive to Dengue, Malaria as well as Chikungunya. As it grows as rainy season forest plant in form of dry powder it is used round the year. Bhui Neem is available in local herb shops also. The natives living in urban areas purchase it from these shops. As it is cheap herb adulteration is not common. Today when less known Chikungunya is spreading at alarming rates and we are having thousands of patients then the judicious use of these medicinal herbs can provide great relief to these patients.

Although from name Chikungunya seems as less known new disease but Internet is full of information about its history, causes and treatment. As student of [Homoeopathy](#) its severe body ache reminds me the name of promising Homoeopathic drug Eupatorium without any delay. Rhus. Tox and Aconite are also promising drugs. The Homoeopathic drugs can be used both as preventive as well as curative.

During recent interactions the Healers suggested many herbs and herbal combinations having potential to provide relief from Chikungunya other than Bhui Neem. For arthralgia they suggested the use of [Haldi](#) powder along with [cow](#) milk. One teaspoonful powder is enough for one cup of milk. Based on the condition of the patients they decide different doses. As normal dose it is given twice in a day. In general this combination is used by the natives after heavy physical exertion or injuries. After this combination the patients are not allowed to drink water at least up to half an hour. The water intake may result in throat related troubles. According to the Healers the use of Haldi in this way lowers the temperature and give new vigor to the patients besides other known effects. They also suggest the natives living with patients or in affected area to take this combination as preventive. They give emphasis in its regular use for effective prevention.

The Healers of [Bastar](#) region suggested me little bit difficult treatment. They use the bark of medicinal tree [Kutaj](#) in unique way as preventive to this disease. Before going to sleep they suggest the natives to smear the bark paste on soles. It is washed next morning. According to the Healers this application acts as promising mosquito repellent that is very important because this disease is caused by mosquito bite. How application of bark paste on soles acts as repellent for whole body? When I asked the Healers replied that few minutes after application of paste the patients feel bitter taste in their tongue. It spreads in other parts on body also and in this way the mosquitoes avoid biting during effective hours. I feel that this effect

needs scientific explanation. I have mentioned in previous research articles that Kutaj is used in same way as treatment of many diseases mainly blood related diseases.

During recent visit to Kanker region I observed [Karra](#) trees loaded with fruits. I collected it for photography. The natives warned me that it is very toxic fruit and keep distance with it. The local traders informed that these fruits are not in collection due to its poisonous nature. When I reached to the Traditional Healers for information on Chikungunya they saw these fruits. They said the toxicity of these fruits could be utilized for this disease. As general prevention method the reference literatures suggest the treatment of water ditches that are suitable places for mosquito breeding through insecticides. The Healers suggested the use of Karra fruits in powder form for this treatment. These fruits are more effective than the insecticides and less harmful to the environment. I have mentioned in previous research articles that Karra plant parts are used by the tribal farmers of Chhattisgarh to repel and destroy agricultural pest. The use of its fruits in this way for destroying mosquito population is new information for me.

As we have no alternative we use chemical based mosquito repellents in homes ignoring its well-known harmful effects on human health especially on health of children. During time of Chikungunya by the use of many types of leaves mosquitoes can be kept at bay. The natives are aware of use of dry Neem leaves. In forest regions the Healers recommend the use of [Bhirra](#) and [Bach](#) leaves for more powerful effects. Addition of Bhui Neem leaves in it increases its effects to many folds. The fumes coming out from these leaves are considered beneficial for general health. In regions where these types of diseases are common the natives must plant Bach, Neem, Bhirra and Bhui Neem in home gardens for its use in case of emergency. I have mentioned in previous research articles that presence of Bach and [Dauna](#) like plants in home gardens acts as promising mosquito repellent.

The Healers of [Durg](#) region are aware of high temperature common during Chikungunya attack. For that they suggest the use of [Chirchita](#) roots. The roots are cut in small pieces and tied around the wrist. According to the Healers this simple measure prevents the temperature rise to great extent. Although Chirchita is commonly available as [weed](#) but the patients are suggested to use it in this way under the supervision of the Healers.

I got opportunity to talk to Shri S.S.Sharma of Neemuch region through phone few days back. During discussion he informed that he is treating many patients having Chikungunya through traditional knowledge mentioned in reference [Ayurveda](#) literatures. He is using Bhui Neem like bitter plants in different proportions. I feel that we must appreciate his efforts. I am writing this article in critical condition when we are having thousands of patients around us, with hope that the authorities will come forward to take advantage of traditional knowledge by taking services of Traditional Healers. As this disease is common in many countries around the world I feel that Indian knowledge in this regard can play vital role in providing relief to patients around the world.

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We are missing you much dear Charota.

Pankaj Oudhia



Abstract

Decreasing population of medicinal herb [Charota](#) in [Indian](#) state [Chhattisgarh](#) is matter of worry. Poor plant stand due to heavy rainfall and over collection due to increasing demand in national and international markets are main reasons according to the natives and traders. In present article the author has shared his experiences in this regard and emphasized on keeping close view on it.

Traditional Healing

Every year my mother prepares curries from commonly available [weeds](#) growing in surroundings. As she uses traditional methods of preparation we get good taste from the curries. She is aware of its therapeutic values. This year every type of weed was served but not the [Charota](#) curry. I waited for it up to August end. Finally I raised question. In return I got shocking information. According to her Charota has yet not germinated and house servants are not getting it in surroundings. I requested my father to bring it from village. He tried but with little success. His answer was also in same line. As Charota grows as [wasteland](#) weed it is easily available everywhere. Shortage of Charota is new information for me. Few days' back I was talking with me family friend using Charota leaves for his kidney trouble. He informed that in his residential colony Charota is totally replaced by foreign weed [Gajar Ghas](#) and as result he brought the leaves from neighboring state. He is keeping it in refrigerator and using it up to many days. I requested him to use freshly collected Charota leaves, as plants are commonly available. During morning walk he tried but failed to get the leaves. Reading my research articles on net a German company approached to me with heavy demand of Charota seeds. The director informed that earlier they were purchasing the seeds from [Gujarat](#) but now his company wants to collect it from collectors at primary levels. I have mentioned in previous research articles that every year Charota seeds are collected as [NTFP](#) from Chhattisgarh and through different channels supplied to the buyers at national as well as international levels. Majority of collection goes to Gujarat where it is processed. The traders believe that when the world production of [Guar](#) decreases the demand of Charota increases and through one-year business the

traders earn enough for many years. For the German company I suggested the names of small traders of Kanker region. My contacts at Kanker replied that Charota is in shortage in their region also and this is the reason they have referred the company to approach the collectors of [Maharashtra](#). Finally I decided to conduct a small survey in different parts of Chhattisgarh to verify the decrease in Charota population. I found it true sadly. Every one is having different reasons for it but in term of loss I see it as great loss from all angles.

As medicinal plant Charota holds a reputed position in different systems of medicine in [India](#). Its all parts are used as medicine both internally as well as externally in treatment of many diseases. Many [Ayurveda](#) formulations are considered incomplete without this plant. Charota is popularly used as potherb. It is common belief among the natives its use in form of curry flushes out the toxins from human body. Its one season use is considered beneficial for the patients having joint related troubles. It acts as preventive to such troubles round the year. The patients having [Leucoderma](#) are specially advised to use the [new leaves of Charota](#) as curry. Charota plant parts are used in preparation of Herbal Tea having health benefits. The Traditional Healers support the belief regarding its health benefits. As mentioned earlier at commercial market [Charota seeds](#) are having regular demand. Although it gives less income to the tribal but still it generates much for them as well as for state.

You will be surprised to know that the weed researchers have found that natural population of Charota is having the capacity to smother the growth of obnoxious weed [Gajar Ghas](#). Much has been invested for this research and in many parts of India the researchers are distributing its seeds for [Gajar Ghas](#) control. But at fields you will find different situations. Gajar Ghas is [suppressing](#) the growth of Charota. It is well known curse for Indian biodiversity. Its presence [in wasteland](#) as well as in forest is posing threat to thousands of herbal species. In urban areas the [infestation of Gajar Ghas](#) is at peak and this is the reason the natives are getting Charota plants less commonly. Due to dense growth of foreign weed Charota surviving inside is not visible. I don't consider Charota as promising measure for Parthenium control. Charota grows up to rainy season whereas Gajar Ghas grows round the year.

The natives in rural and forest regions informed that the demand of Charota has increased many folds in last four to five years. This demand has increased its collection. Now they have to go far for its collection. It shows that natural population of Charota is decreasing in the state. The herb traders are not agreed with it. They blame the heavy rains for this decrease in population. Charota seeds fail to germinate in case of water logging. According to them heavy rains have delayed the production to great extent. You can find Charota plants at mid rainy season with poor growth and yield. Their reason is also considerable. They are aware of its increasing demand in national markets but due to poor production not able to supply it.

It seems that Charota population is decreasing in other states also. During meeting of Cgnet senior member Shri Namra from Anuppur, [Madhya Pradesh](#) informed me that now days it is becoming difficult to get Charota plants. According to him over collection is posing threat on it. During recent visit to [Jabalpur](#) city I found Gajar Ghas every where. Charota plants were there but in less population.

Although the reference literatures consider Charota as weed i.e. unwanted plant but in fact it is integral part of Mother Nature's experimental field. Being legume it enriches the soil with Nitrogen. In traditional systems of medicine many herbs growing near or with Charota are preferred for the collection. The Healers believe that Charota enriches it with medicinal properties. It also supports the lives of many forest trees both directly and indirectly. Many medicinal insects feeding on Charota are used as medicine for

complicated diseases. The pressure on its natural population is putting pressure of these insects also. Although Charota is not smothering Gajar Ghas but its population is having capacity to smother many foreign weeds. Decreasing population is giving these weeds chance to spread. The farmers engaged in organic farming don't disturb Charota population around the field with belief that its presence repels the insects away. The decreasing population is in favor of such harmful insects. If the observation of traders is true then possibly due to heavy rains Charota is not getting success in smothering Gajar Ghas.

This decreasing population forced me to search the organizations keeping view on such threats but unfortunately I found no information as well as report on this aspect so far. My scientist friend said Charota is available everywhere. Why you are worrying? Later when I informed him about my survey reports as well as comments of the natives he realized it. I feel that there is a need to keep close view on Nature not only for Charota but also for other herbs. Also there is need to study the contributions of such herbs for the earth and especially for human beings. Such studies will motivate the coming generations to care these herbs in more promising ways.

Related Ecoport Articles

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[Traditional Medicinal Knowledge about medicinal herbs and insects in Indian State Chhattisgarh: Results of Ethnobotanical surveys conducted in year 2005.](#)

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Common names of herbs tell much about it.

Pankaj Oudhia



Abstract

Every herb is having hundreds of names in different parts of the earth. There is specific reason for each name. Herbs get these names based on long-term experiences of natives living with it. Through these names one can get much interesting information about it. In present article author has shared interesting information related to common names of some herbs and emphasized on need of studying these local names.

Traditional Healing

As convener of [International Parthenium Research News Group at Yahoo groups](#), I posted a question "Why [Gajar Ghas](#) is known as Congress grass?" In fact this question was sent to me by eminent weed scientist Dr. R.L.Zimdahl. Congress grass is its common name in English. In our group we are having members from farmer as well as scientist communities. I received many interesting answers. According to [Dr.M.Mahadevappa](#) its spread was as rampant as Congress party of [India](#) once that is why it has got this name. One member suggested that it was introduced with imported wheat during the rule of Congress party that is why it has got the name Congress Grass. The interesting answer was as it is having similar structure like Congress building in Parliament Annexe that is why it is named so. I asked for documentary evidence. He forwarded the research article written by the researchers of CABI, [UK](#) as reference. Although these are popular explanations but I am not convinced about it. Basic definition of Congress is act of coming together or meeting. It also indicates group or cluster. As in nature Gajar Ghas grows as [in groups and clusters](#) I feel that it is the reason behind its name. So many different explanations confused Dr.Zimdahl. He asked for my opinion but I also failed to give exact reason.

In general local as well as common names of any plant say much. When I was preparing research report to oppose large-scale plantation of [Jatropha](#) in India I found its interesting common names in different

parts of the world. In UK its oil is known as Hell oil. As you know Jatropha oil is not safe for human skin as it is having carcinogenic properties. That is why our ancestors have named it as Hell oil. [Jatropha seeds](#) are tasty and this is the reason seeds are much liked by children. [Four to five seeds](#) are enough to take their lives. Possibly its internal use produces disturbances in mind. That is why one of its common names is Psychic nut. The Indians are also aware of its purging properties. This is the reason it is known as Jangli Jamalghota in many parts.

The plants having beautiful flowers attract natives to plant it in home gardens. But many plants are toxic in nature. Our ancestors were aware of its toxic effects. That is why they have given it odd names so that the natives will hesitate to plant it in home gardens. Jhagadhin plant of [Chhattisgarh](#) is one of such plants. Jhagadhin means plant that results in family tension. The scientific name of this plant is [Gloriosa superba](#). In west it is known as [Glory lily](#) and planted in home garden. It is very toxic plant. Internal use of plant parts can be fatal. Due to its beautiful flowers it has got Sanskrit name Agnishikha. Agni means fire and shikha means top. During recent visit to Kanker region I found natural population of this plant. The natives are aware of its harmful effects and also about its name related to family tension. That is why they have uprooted it from home gardens and planted in [wasteland](#). Externally its tuber is used to hasten the process of childbirth.

By experiencing the harmful effects of [Leucaena](#) the natives have named it as Kubabool (Ku- bad; Babool- Acacia). Some researchers conducted research on this tree species and by ignoring the bad experiences of natives declared it as Subabool (Su-Good; Babool-Acacia). After changing the name they promoted it among the farmers. New farmers started its large-scale plantation and very soon they realized that the seniors were right. It is really bad Babool i.e. Kubabool.

When I was getting training at Ambikapur region of Chhattisgarh the farmers informed about the real secret behind the name of forage grass [Dinanath](#) (Din- Poor; and Nath- Protector). The authorities were promoting it as forage crop for poor farmers. But farmers were showing no interest. One day a senior farmer informed that when it is grown in field it spreads like [weed](#) and farmers become Din (Poor) and grass becomes Nath (of field not the farmers). They have to invest much to uproot it to grow other crops.

Through local names of many plants we get information about its uses. For example Vajradanti name shows that the herb is having capacity to strengthen teeth. [Hadjod](#) name shows [its use](#) in bone (Had) reunion (Jod). Common weed [Tephrosia](#), is known as Sharpunkha locally because when leaves are cut it happens in [specific pattern](#). It looks like Shar i.e. Arrow and Punkha means leaves. Arrow leaves. The leaves of many weeds resemble to [rat ears](#). Locally such weeds are known as Musa (Rat) and Kani (Ear). Such weed leaves also look like the shape of kidney. This is the reason these herbs are used in treatment of kidney related troubles. For breaking Pathri (Renal Calculi) most of the herbs used are known as Pashan Bheda (Pashan means stone; Bhed- to break), Pathar (means stone) choor (to crush) etc.

As special interest I always try to search the reason behind the common names. In Chhattisgarh many village names are based on specific medicinal herbs for example Khairagarh (On [Acacia catechu](#) population), Saraipali (On [Shorea robusta](#) population), Charama (On [Mangifera indica](#) and [Buchanania lanzan](#) population), Parsadih (on [Butea monosperma](#) population) etc. You can find this interesting information in tables given below. Based on the names of herbs a map can be prepared showing distribution of different plants in early days in different villages of Chhattisgarh. I feel that such interesting information must be added in different course books so that it will motivate youths to search

new names having specific reasons. If you are having any information please share with us so that we can enrich this knowledge.

Related Ecoport Articles

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My experiences with Shingles and traditional ways of its management.

Pankaj Oudhia

Abstract

[Herpes Zoster](#) is well known trouble around the world. In modern systems of medicine many drugs are used to short its infestation period. Few days back the author got this trouble. In present article he has shared his experiences with this trouble and discussed possible traditional ways of its management.

Traditional Healing

Rashes after intense pain in one side of body clearly indicate that it is due to [Herpes Zoster](#) or Shingles. Few days back I faced this problem. After confirmation from my friend who is well known medical practitioner I hired a car and started over 300 Kms journey by road in search of expert [Traditional Healers](#). At first I tried my knowledge and searched field diaries but it was too early to get [Kuthua leaves](#) and [fruits](#) from field. These plant parts are used both internally as well as externally in treatment of Herpes. While traveling to the Healers I was aware that delay in start of treatment means increasing the duration of infection. Without any drug with painful rashes I reached to the villages but the Healers were not there. Their relatives informed that the Healers were in forest for the collection of herbs and they were expected to return back in a week. I decided to meet the general Healers. They informed that they are not having much experience in this disease but they will try. How much time it will take? They replied one month. I was aware that in general Herpes takes two to three weeks in its natural course. I phoned to my [Homoeopath](#) expert. He assured me to give relief in fifteen days. Allopath friend promised me for relief in 8-10 days. I was in dilemma. I wanted to get treatment from expert Healers but they were in forest. Finally I decided to go for Homoeopathic treatment. As it was already late I passed many painful days and night taking these drugs. On eighth day I found many expert Healers on my door eager to treat my disease. They were aware that it was too late but through traditional knowledge they provided much relief. They suggested me the use of herbal decoction in order to get rid from intense pain but my Homoeopath stopped them. He agreed with external treatment. Bed prepared from [Kamal](#) and [Doomar leaves](#) provided great relief to my burning body. It lowered the temperature. They boiled many herbs mainly [weeds](#) to prepare decoction for my daily bath. Internal use of Homoeopathic drugs and externally uses of medicinal herbs and herbal combinations cured me efficiently in very less time.

While reading about Herpes Zoster on Internet I found it quite common around the world. According to the reference literatures the dormant virus of [Chickenpox](#) remains in spinal cord and in case of poor defense system it emerges out with disease called [Herpes Zoster](#). My Homoeopath friend suggested me to give much time to your health, as this disease is not a good sign. Your health is down and requires must attention. The Healers were not much convinced with them. They examined by body and measured pulses. According to them due to much mental tension and poor health I got this disease. The Healer of Gariaband region suggested that I must go for Shuddhikaran in order to flush out the impurities in body after complete cure. The senior Healer of Kanker informed that use of Mati; the soil, in form of paste on body throughout year keeps the heat balance perfect. It prevents the attack of such disease and also can be used as curative. For post-herpes neuralgic pain he suggested to apply the black soil paste on affected part.

As patient I was much afraid of neuralgic pain during the disease. Fever with chill was on second place. I have mentioned in previous research articles that the Healers having expertise in treatment of different types of Herpes always try to permit the disease to complete its natural course. They try to provide relief from associated troubles like pain. When Herpes Zoster starts affecting eyes they take special care and use Kuthua like herbs with well-known anti-viral properties. Once the senior Healer of Ambikapur region informed that use of strong herbs and herbal combinations at the start of disease many times results in suppression and at later stage the patients get new troubles. From experience they are aware that it is suppressed form of [chickenpox](#). In general they keep the patients under their strict supervision during treatment. Some of the commonly used herbs for this trouble are Bhui-Neem, Tulsi, Keu, Uskand, Rawan Kand, Telia Kand, Neem, Keonti, Dahiman etc.

I missed the golden opportunity to take traditional treatment for Herpes Zoster. As you know it occurs once in life. For the first time I experienced the troubles the patients coming from far places face when approach to the Healers and get depressed when the Healers were not there. Many times I feel that establishment of big hospital for the Traditional Healers can serve this problem. The health workers at such hospitals can be trained for urgency. As you know most of the Healers don't share their traditional secrets. In such case the establishment of hospitals seems impossible. While taking treatment through traditional and modern systems I felt that in modern treatment of Herpes essence of traditional knowledge could be incorporated to make the modern systems less harmful in terms of after effects.

The effects of Herpes are still with me and preventing to type continuously. Most of the Healers have gone back after giving their suggestions. As always, I decided to share all details regarding my treatment and associated troubles with my readers. That is why I am writing this article. I feel that the information shared in this article would encourage the modern researchers to think on traditional ways of treating Herpes also along with modern treatment.

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Be Careful! If you are traditional knowledge researcher.

Pankaj Oudhia

Abstract

The importance of traditional knowledge about herbs is well known around the world. For financial gain many firms want the traditional secrets at any cost. In general the traditional knowledge researchers work without any security and face the exploitation as challenge. In present article author has shared his bitter experiences as traditional knowledge researcher and suggested possible ways to avoid such exploitations.

Traditional Healing

Since long time I was receiving mails related to my research articles from some one living in [Mumbai](#). It was not unusual that I get hundreds of such mails daily. After sending mails in bulk this gentleman showed interest in meeting. For what? Just for discussion on herbs, I got the reply. Based on my assignments I suggested him to contact two years later. After one-month break I got phone call from city hotel that this gentleman is in [Raipur](#) and want to meet for few minutes. I invited him in my home for few minutes. I found he was not alone. They were four including one from foreign country. They appreciated my work and requested me to become consultant in their new company. I refused it as I was running short of time. Next day they tried again with local contacts. What this company will do? Herbal trading- they replied. After long discussion they offered consultation charges of US\$ 5,000 per month. According to them my job is nothing, only to remain in company as consultant. For trial I requested them to give one month. After two meetings in my city they started showing actual colors. They asked detailed information viz. list of Traditional Healers in my state with their specialization, complete formulation of traditional medicines, natural sources of rare herbs etc. I objected that it has nothing to do with herbal trading. They replied that they are needing this information to honor the Traditional Healers and intention is welfare not exploitation. Then they started daily meetings with tape recorder to record all of my information. Finally I decided to say No to them. When I said it the local contacts forced me that I am missing golden opportunity to serve the Healers, as the government will never fulfill my dreams. I refused it and decided to live with me knowledge as well as earnings although limited. Few months later I got information that this company has attempted the same in [Orissa](#) by hiring local experts and now facing problems by local people. This was not a new incidence with me. As I am so much 'exposed' on net such frauds are common but every new experience warns me to be more careful. I share my bitter experiences with readers and other workers time to time with hope that they will never get involved in such frauds.

Many times I wonder that how the people with tourist visa reach to me by crossing half of [India](#) and expect me to give the traditional formulations in the name of impression. I have heard from my field workers that many people from Metros approach to them with lucrative proposals. They want to know the way of my working and also about my contacts especially with the Healers. Although in India we are having National as well as State Biodiversity boards and other departments but still in the name of tourist anyone is free to meet and harass the researchers like me.

Many years back I got call from [Australia](#) regarding treatment of lumbago. The caller was Indian woman. I suggested her to visit [Chhattisgarh](#) if you want to get treatment mentioned in my research articles. She informed that she is coming in two months. Getting information about her condition I decided to travel with her to the Healer. In railway station I found her fit. This middle-aged woman informed that now she is improving due to some [Ayurveda](#) drugs. We visited to Southern Chhattisgarh. After long wait when the

Healer appeared she asked set of entirely different questions viz. remedies for [AIDS](#), [cancer](#) and [Parkinson's disease](#). The Healer was not aware of these technical terms. She requested me to assist but aware of this cheating I refused it. I decided to come back without any delay. She stayed there and offered much money to locals but failed to get the information. After returning back to Raipur she approached me again with request to give information about more Healers. I refused and decided to take special precaution in future. After that I avoid such calls or request them to get approval letter from State Biodiversity board. Also the patients are requested to mention in visa that they are coming to meet me for treatment not for getting knowledge. I feel that there is need to make more strict rules, as I feel helpless most of time. My many friends see it as golden opportunities to earn Dollars and laugh on me.

Quite commonly during visit to different regions of Chhattisgarh for surveys I see many researchers of Indian and foreign origin working in forest and collecting information about herbs. Many times I identified them as researchers of national or international drug companies. What foreign workers do in our forest no one knows. I tried many times to get the information that which agency monitors such movements in our forests but failed. It seems that every one is free to visit and extract the information. Once I questioned the teams of [Andhra Pradesh](#) and [Karnataka](#) that what they are searching? They replied that it is secret mission. I requested them to do the same work in their states as such works are pending in all parts of India. As member of state Biodiversity action plan few years back when I informed other experts that much information about traditional knowledge of Chhattisgarh is available in literatures of [Europe](#) especially in [Netherlands](#) they showed surprise. Unfortunately this information is not in reach of the common Chhattisgarh people. If they want to get this information they have to pay much for it. No one knows both officially as well as unofficially that who has provided our knowledge to the publishers of Netherlands.

After seeing my work and listening my bitter experiences a senior police officer from [Rajasthan](#) suggested me to apply for security guards. According to him the authorities are possibly not aware of my contribution that is why they have not provided the security. I thanked him for suggestion but decided to continue my freedom but many times I feel security cover specially when I found strangers around my home and work place.

During different seminars and conferences when I raise this issue among fellow researchers they accept it. Most of the traditional knowledge researchers are working in institutes. From outside they look safe but their exploiters are inside the institutions as their bosses. I still remember the pressure of institution head when I was working as Research Associate in local University. He wanted to get all the information from me in exchange of promotion. You will be surprised to know that the information needed by him was not in the mandate of university. Obviously he was collecting it for his personal gains.

Through this article I would like to request the authorities to make strict rules keeping the sufferings of traditional knowledge researchers in view. These researchers are very few in numbers and their task is huge. Little support from authorities will encourage them to work more efficiently in fearless environment.

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Why traditional medicinal knowledge is ignored in Dengue Management?

Pankaj Oudhia

Abstract

The [Indian](#) systems of medicine are having much for the management of epidemics like [Dengue](#). Today when Dengue is taking hundreds of lives in India the traditional medicinal knowledge can play vital role. In present article author has shared his experiences and emphasized on use of traditional medicinal knowledge to manage Dengue epidemic.

Traditional Healing

Few years back I was interacting with the eminent herb expert of [UK](#) during International Conference organized by DIA, [USA](#) in [Kolkata](#). When I asked him that mosquitoes are problem in your country or not, he replied yes we have Mosquitoes but not much as in [India](#). What are the popular ways of its management- my next question was. He informed about Mosquito repellent creams and other electric instruments. I asked whether herbal combinations are used to repel these notorious creatures? He replied no but showed interest in it. Many times I surprise to see that in India and also in other parts of the world Mosquitoes are taking hundreds of lives but no one is trying herbal ways of its management. Most of the products we use to kill or repel these creatures contain chemicals that are harmful to human beings to great extent but ignoring it in the name of protection we use it. In India Mosquito repellents in form of [liquids](#) and coils are very common. In all these products Allithrin is used and modern research have shown that like other chemicals Allithrin is also harmful for human beings especially to children. Since long time I am documenting traditional medicinal knowledge about herbs used for mosquito management. I have written a lot both in {English} and local languages. Few years back youths from Bhilai city contacted me for herbal formulations to manage Mosquitoes. They were having less investment capacity. I suggested them commonly available [weed Blumea](#) based formulations. Most of the ingredients were available free. They were engineers and showed their skills in making final product not only effective but also attractive. It was having shape like other coils. They started local level marketing and after getting positive results started commercial production. They were promoting it as mosquito and housefly repellent herbal combination free from side effects. When this product started affecting the business of reputed brands the unfair competition started and very soon the shopkeepers started refusing this product in name of poor commission. They tried for door-to-door marketing and finally stopped this business. During this business I supported them through my contacts and also sent it for many science awards but got no positive response. Based on the information available with me over 55 types of such products can be developed. From different forums I motivated the authorities about it and suggested to start manufacturing these products in form of small cottage industries but it seems that I failed to convince them. Today when thousands of lives are in danger due to [Dengue](#) and [Chikungunya](#) I am remembering these products once again.

Today is October 5, 2006 and newspapers and TV channels are talking about the seriousness of Dengue epidemic. The relatives of Indian Prime Minister are among affected patients. I searched the Internet for details about Dengue. The standard literatures say that there is no cure for this disease. It takes weeks. Remedies are given only to reduce fever. Also there is no preventive available. This year many parts of India received good monsoon rains. Water ditches are serving as breeding place for Mosquito. It is really a matter of surprise that modern science is having no remedy for this disease having history of many hundred years. As student of [Homoeopathy](#) when I was learning from well-known Homoeopath of [Raipur](#) city Dr.B.R.Guha he informed that in early days he has treated hundreds of cases of Dengue successfully in Bengal. According to him Homoeopathy can play important role in this regard. He informed that Eupatorium is both preventive and curative to Dengue. Later I found this information in reference literatures. Our country gives recognition to Homoeopathy then why in such conditions the authorities are not taking the advice of Homoeo experts? Why general public are not made aware about this well-known preventive?

Few days back I was reading the news that [WHO](#) is planning to introduce DDT again for Mosquito management. Why? Because there is no other promising alternative available? DDT is having well known and well studied harmful effects but as we are having no alternative there is no way to avoid it. I am not satisfied with this explanation. As traditional knowledge researcher I am aware that hundreds of such researchers around the world have collected a lot of information on herbs and herbal combinations used to manage Mosquito. Then why our researchers are not evaluating it to develop safe products? I am eager to give my whole life for this research but who is ready to support me?

When I discuss any trouble with the [Traditional Healers](#) of [Chhattisgarh](#) they simply say to take the help of Mother Nature. As we know every year Dengue fever starts at the end of rainy season. At the same time Mother Nature produces the herb named [Kalmegh](#). Modern research works have proved that Kalmegh phyto-chemicals can be used against [Malaria](#) effectively. Kalmegh is in use since time immemorial as traditional medicine. According to the senior Traditional Healers Dengue is not a new trouble. Kalmegh is having immense potential to act as both preventive and curative to Dengue. Kalmegh leaves and stems are used in form of decoction. The plant parts and water are taken in 1:10 ration and decoction is prepared. Half-cup decoction is given internally as preventive to Dengue. It is having other health benefits also. It is a promising blood purifier. Its one season use protects from common seasonal troubles round the year. The modern [Ayurveda](#) experts recommend it for these purposes commonly. Then why not the authorities suggest the modern natives living in congested cities to take this decoction especially during the time of epidemic? Why this information is not available in course books of school children? Why common people are not encouraged to grow this herb in home garden for its use in case of emergency?

Eupatorium and Kalmegh are just two examples. Much information is with the Traditional Healers and experts of Indian systems of medicine. Today when India is facing this trouble in this big scale I feel that the time has come to take the advantage of traditional knowledge for this so-called unmanageable epidemic.

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Use immense potential of Tulsi for your health.

Pankaj Oudhia



Abstract

[Tulsi](#) is well known medicinal herb of religious and medicinal importance. Although common natives are aware of its medicinal uses but still there are hundreds of its less known but promising uses. In present article author has shared his experiences with Tulsi and suggested the popularization of its less known uses.

Traditional Healing

During recent visit to Southern [Chhattisgarh](#) when I was discussing herb based tooth powders with the [Traditional Healers](#) I informed them promising use of [Haldi](#) powder. Its application on decayed and hollow teeth every night acts in promising ways and by this simple use one can remain free from dental troubles life long. This was new information for many Healers whereas many were aware of it. They confirmed its promising effects but advised that the powder must not be used like tooth powder as it can harm the dental coverings. A senior Healer listening this discussion suggested new formulation. In this formulation Tulsi Dal i.e. [inflorescence](#) of [Tulsi](#) plant is used as main ingredient. The inflorescences are mixed with [Sonth](#) and [Sarson](#) Tel and combination is prepared. This combination can be used for dental care at night. When it is kept inside the mouth for sometime it gives better effects. He informed that this simple use is very promising but one must use it up to long time. It is especially useful for gum related troubles. He further suggested that by addition of [Akarkara flowers](#) especially during winter its efficacy could be increased. In general we use Tulsi plants for cough and cold. But Tulsi is having many less known but promising effects. In form of [Tulsi Chaura](#) Tulsi is present in every house of [India](#) but we are still not aware of its many hidden benefits. The Traditional Healers of Chhattisgarh claim that only through Tulsi ninety percent common diseases can be cured. Through Ethnobotanical surveys I tried to document traditional medicinal knowledge about this herb but still I feel that I have written very little about it. Every visit generates new information.

Last month when my article appeared in Farm journal of [Punjab](#) regarding mosquito repellent plants I got a phone call saying that if Tulsi repels mosquitoes then why the plant present in [Tulsi Chaura](#) in his home is not doing its job? It is common as well as frequently asked question. I have observed that in most of the houses Tulsi plants look less vigorous and unhealthy. The reason is simple. Tulsi is not a water loving plant. When we worship it daily we apply water on it. This excess watering with poor drainage makes the plant unhealthy as well as poor in medicinal properties. And such plants show poor performance when we expect mosquito repellent results from it. Also one plant is not capable of performing this job. According to the Traditional Healers for Mosquitoes Tulsi must be planted around the house. For average rural house ten healthy plants can do this job successfully. In modern cities where poor drainage is problem more number of plants are required. I feel that by planting hundreds of Tulsi plants in public garden near residential regions can help in this regard to great extent. During my visit to [Raigarh](#) region the Healers showed me the use of Tulsi plants to repel the insects. At evening time when mosquitoes are most active they cut some leaves of plants. This cutting releases essence in air and this essence repels the mosquitoes. The Healers of Chhattisgarh Plains informed that by application of Tulsi leaf juice on exposed body parts one can get protection from mosquito bite. Creams having synthetic chemicals are not only costly but also harmful to skin then why the modern people don't adopt this simple measure? Many times I think. Application of Tulsi leaf juice is having many advantages. During rainy season when mosquitoes are common the problem of [ringworm](#) and other skin diseases is also common. Tulsi leaf juice is remedy for these skin diseases. You will be surprised to know that this juice is very beneficial for skin. It removes wrinkles and keeps the skin free from pathogens.

The Healers having expertise in treatment of snakebite commonly suggest the patients to wear [Mala prepared from Tulsi](#) stem after treatment. The patients recovering from exhaustive diseases are also suggested to wear it up to long time. According to the Healers this Mala gives new vital force to such patients. For better effects it must be changed at specific interval. In Chhattisgarh you will find this Mala around neck of rural natives. Many of them wear it due to its religious importance. I feel that awareness regarding therapeutic aspects is necessary so that more and more people can take its benefit.

Many diseases affect the exotic garden plants in our home gardens. We use modern chemicals that are having well known harmful effects on human health. When I started the search of plants that can be planted around the medicinal and aromatic crops in order to repel the insects I found Tulsi very promising. Impressed by its effects I started using leaf extract as spray to protect these crops. For better effect I used it in combination with [cow](#) urine. Through this research I got success in development of twelve Tulsi based products. Later I tried it on garden plants. The results were encouraging. Today I can say with confidence that by growing Tulsi in home garden and using its leaf juice you can protect your plants from common diseases as well as insects effectively. In rural and forest regions of Chhattisgarh the natives use Tulsi plant parts to protect the vegetables growing in [Badi](#).

Tulsi seeds are well known tonic. The ancient literatures related to different systems of medicine in India are full of information about this property of Tulsi seeds. There are hundreds of Tulsi seed based formulations. But very few of us know Tulsi roots are having more promising effects as compared to roots. Under supervision of Traditional Healers the use roots in small quantity gives vitality to body. It is also used as [aphrodisiac](#). The patients having nervous system related troubles are suggested by the patients to dip the root in water overnight in water and next morning take the leachate internally. Many times this simple use cures the trouble without any other drugs.

I have mentioned in previous research articles that alone and in combination with other herbs Tulsi is used by the Healers in treatment of different types of [Cancer](#). I am planning to meet the Healers of neighboring state [Orissa](#) soon. I have heard that these Healers are having expertise in use of Tulsi. You will find the details in coming articles. I am aware that documentation of traditional medicinal knowledge is essential but at the same time there is need to popularize its uses also. This article is an attempt in this direction.

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Still we know less about medicinal herb Aloe.

Pankaj Oudhia

Abstract

Although the world literatures are full of information regarding medicinal properties and uses of [Aloe](#) but still we know very less about it. Through Ethnobotanical surveys conducted in different parts of [Indian](#) state [Chhattisgarh](#) the author has collected new information. In present article he has shared this knowledge.

Traditional Healing

Few months back I got opportunity to meet and interact with the [Traditional Healers](#) having expertise in treatment of gynecological troubles. We discussed about various formulations whole night. I shared the information collected from different parts of [Chhattisgarh](#). During discussion I got information on rare

use of well-known medicinal herb [Aloe](#). The information was not related to the use of its leaf. We know that in different corners of the world Aloe is known for its medicinal properties and different uses of leaves. The Healers informed about its roots. They suggest the girls reaching to puberty to make friendship with Aloe roots. According to the Healers the use of roots in form of leachate is a boon for the common menstrual troubles. Girls are advised to dip the medicinally rich roots in water whole night and next morning take the leachate internally. Based on the age and health they decide different doses. They claim that this simple use is very promising. I got opportunity to meet the users. Their positive responses motivated me to document this important traditional medicinal knowledge. The Healers grow Aloe vera plants organically in their [Badi](#) and treat it with different herbal solutions. These solutions enrich the roots with medicinal properties. They have learnt this Traditional [Allelopathic](#) Knowledge from their ancestors. They informed that untreated roots fail to give the desirable effects. I have documented this Traditional Allelopathic Knowledge.

The use of Aloe roots is not new for the Healers of Chhattisgarh. The Healers of Gandai-Salewara regions use the roots in treatment of fever. In combination of other bitter herbs the roots are given internally. It produces vomiting and patients get much relief. In little amount root powder is used in combination with [cow](#) milk to treat Malarial fever. As other promising alternatives are available the Healers use it less commonly. I am aware that from documentation point of view it is important information. The senior Healers informed that in early days they were preparing Mala by using Aloe roots for the patients having the problem of [Dysmenorrhoea](#). The patients were suggested to wear this Mala till complete cure. They were using it as supplement treatment along with main treatment of this trouble. I have yet not seen its practical uses. The Healers of present generation don't prefer its use. They give only internal remedies. I am trying to revitalize this traditional practice.

The reference literatures related to different systems of medicine in [India](#) describe the use of Aloe roots in breast related troubles. Roots are used externally in form of paste especially for inflammation in breast. The Healers of Chhattisgarh are aware of its use. They claim that the use of Aloe roots alone is having many harmful effects. That is why they use it in combination with other herbs. Other herbs nullify the harmful effects of Aloe roots. I have observed its use with the Healers of Chhattisgarh Plains. The Healers of other regions use other herbal formulations for this trouble. The use of other herbs with Aloe roots is not mentioned in ancient literatures. I feel that this information must be added in new editions of such literatures.

The Healers of [Raipur](#) region are aware of use of Aloe [flowers and pods](#). Although flowering and podding are not common with every Aloe plant in Chhattisgarh but whenever the Healers find such plants without any delay they collect it for future use. The plant parts are dried in shade and converted into powder. They use this powder along with honey in treatment of common gynecological troubles. They are aware of the use of medicinally rich roots for this purpose but flowers and pods are considered more promising. During surveys I found this powder with the herb vendors also. They purchase it from the Healers and sell it to the Healers as well as patients of neighboring states. To hide its identity the Healers mix more herbs with it. I found that most of the herb vendors are not aware of the contents. Although very promising in effect but this combination is not available in form of commercial product in market.

Although the natives as well as Traditional Healers are having rich traditional medicinal knowledge about Aloe plant part but Aloe is not present in sufficient number in the state. The natives [plant it](#) in Badi with much precaution. It is not present in wild. The Healers aware of its use grow it for limited uses. Aloe is [under cultivation](#) as medicinal crop in the state but area is very limited. The farmers raise it through

chemicals methods. The Healers avoid the use of such Aloe plants. Many times the Healers request me to develop Aloe garden in different parts of the state and give access to them so that they can treat and use Aloe in their daily routine. I see link between these growers and traditional knowledge. Through different forums I suggest the authorities to establish traditional medicinal knowledge based small cottage industries to produce Aloe based herbal products and on other hand suggest the farmers to grow Aloe organically if they want sure market in the state.

Although much research works have been done around the world regarding use of Aloe but I feel that the traditional knowledge present in the state is unique. Yesterday I was in Basna region. During interaction the Healers of this region informed that the soil around Aloe plant is used both internally as well as externally in treatment of many common diseases. It is new information. I am planning to visit the region for getting detailed information. I am sure that much miraculous information is still undocumented and I must increase my effort for it. Keep reading my articles for new updates.

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Only sustainable harvest can protect our medicinal herbs.

Pankaj Oudhia

Abstract

Increasing demand of [Indian](#) medicinal herbs and over collection to fulfill this demand is becoming curse for its natural population. Every day new problems are coming. Unfortunately there is lack of sincere monitoring on these herbs. In present article author has shared his experiences on this aspect and emphasized on need of promotion of sustainable harvest of medicinal herbs.

Traditional Healing

In the year 1998 when I was conducting Ethnobotanical surveys in Bagbahera region of [Indian](#) state [Chhattisgarh](#) I got information of medicinal herb [Gondla](#). This herb grows in [nallah](#) and natives collect its underground parts at the end of June before start of [rice](#) cultivation. Gondla is having good demand in national market. The natives collect it for the local herb traders of Tendukona, Basna and Pithora regions. In exchange they get things of daily need (it shows that barter system still exist) or many times they sell it for money. At that time the natives were not getting good prices but as it was natural produce they were satisfied with short time job. During surveys the herb trader from Tendukona informed that the natives are aware that collection from one spot every year will result in loss of plants. That is why in one season they collect it from North then in next season it comes from South. I was much impressed by this rotational way of harvesting. Gondla in dry form is used in Agarbatti industries whereas it is also supplied to Eastern UP for the extraction of oil. This oil is used to prepare perfume. Gondla roots are having medicinal properties and uses also. On October 8, 2006 I was again in the region to meet with the natives

and traders of the region. This time I got shocking news. Heavy demand on Gondla has made it endangered-the traders informed. Now more and more people are engaged in collection of Gondla to fulfill this demand. As result it is collected from all directions in same year. This over exploitation has resulted in shortage of plants in many areas. This over harvest has taken away the chance of additional income before rice cultivation. Now traders have to wait for three years for getting Gondla from same spot. As there is no control by the authorities in this business the imbalance is resulting in bad consequences. It is also affecting the [Traditional Healers](#) of the region who use Gondla to prepare different formulations. According to them the greedy traders have collected it from all spots and now they have to purchase it from traders to prepare the medicine.

In Chhattisgarh thousands of medicinal herbs grow in natural forest but only about fifty species are in trade. For these fifty species hundreds of natives are engaged in collection as well as trading. Every year the increasing demand of these items is creating problem on its natural population. Unfortunately no one is monitoring officially this threat and we are loosing the old plants very rapidly. According to the Healers the focus on fifty species is damaging entire forest ecosystem directly and indirectly. Over collection and non-sustainable harvest are resulted in indirect effect on birds and insects depending on these species. Although I am young and I feel that many forest are still in its original form but senior Healers clearly say that we have lost original forest. They blame on increasing human pressure.

[Saja](#) is well known tree of Chhattisgarh. It is very common. In state many villages are named Saja due to rich natural population of this tree in these villages. Till last year it was not in the list of minor forest produces having any demand. In reference literatures the use of its bark as source of Tannin has been reported but it was rarely collected for this purpose in the region. During recent visit I observed the collection of Saja fruits. The collectors were not aware of its use. They were doing this job as per the instructions of traders. When I approached to the traders they informed that the buyers from [Chennai](#) and [Kolkata](#) are taking keen interest in this fruit. For what? Most of them showed ignorance but many replied that it is used in flower decoration. After coming back I searched the literatures for the use of its fruits but found no information. I have mentioned in previous research articles that very few Traditional Healers use its fruits along with [Koha](#) fruits as traditional medicine. I contacted national level traders but failed to get the information on its exact use. As Saja is propagated through seeds I am aware that over collection in coming years will pose threat on its natural population. For verification I asked the forest authorities about the collection of Saja fruits. They made odd comments by saying that it is not in collection. At ground level one can see the reality.

Few years back when I surveyed the [Barnawapara sanctuary](#) for herbs the Healers informed about the valuable medicinal herb 'Mahajal'. It is used in treatment of so-called incurable diseases like [cancer](#). They also informed that the traders are aware of this herb and few of them have started its collection. They were much worried about this development. During recent visit I found this herb easily available with the traders. They informed that it could be supplied in any quantity. It was not good news. It means that like Gondla we will loose Mahajal very soon.

During informal discussion many traders informed that there is no harm in over collection as it generates income for the poor natives. I am having no objection regarding this income but I feel that we must take steps so that they can get returns from forest up to many decades with least damage to the forest. The senior natives especially Healers of this region are having information regarding sustainable harvesting methods. But the young natives are ignoring their suggestions. All traders are not in favor of over exploitation. The senior traders of Basna and Bagbahera regions disclosed that due to higher wages rural

youths are migrating to nearby cities. They are not showing interest in collection of minor forest produces. They are aware of sustainable harvest methods up to some extent. The traders are now depending on outsiders for the collection of herbs. These outsiders care the forest very little.

I am keeping close view on these activities. In coming months I am visiting different corners of Chhattisgarh. These visits will help me to know the present situation. You will find the details in coming articles. Keep reading.

Related Ecoport Articles

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An effort to estimate the real value of a tree.

Pankaj Oudhia



Abstract

This article is an effort to estimate the real value of any tree as it is common observation that when trees are cut in the name of modern development its value is presented very low and its contributions are ignored.

Traditional Healing

Last month I was in [Niyamgiri Hills](#) region where large scale Bauxite mining is proposed. I was there to prepare biodiversity report. During interaction with supporters of mining they informed that mining is more profitable than loss to existing biodiversity. In support of their claim they presented production data. After returning back when I searched the reference literatures for estimating the cost of one tree I found confusing information. In most of the cases not much efforts have been done to understand the contribution of a tree in any ecosystem. While searching net I found environment impact report of [Delhi Metro rail project](#). I am presenting some of data used for calculation of cost of trees affected by this project. In Chapter four it is estimated that cost of 1300 trees in terms of cost of per tree @900 Rs. is 1.17 million only. It is mentioned that average one tree releases 49 kg Oxygen per year and absorb 21.8 Kg Carbon dioxide per year whereas average oxygen requirement of one man is about 182 Kg/year. These data shocked me as trees mentioned in this report are of [Pipal](#), [Kikar](#), and [Neem](#) etc.. All these trees are considered worth 900 Rs. per tree. It is not correct to calculate contributions of trees on the basis of average. In any ecosystem every tree is having very specific and important role. Different species support lives of different species. Then why average data are used? 900 Rs per tree is poor estimation of any tree species. In Niyamgiri Hills tribal earn 900-1000 Rs. per year even from [fallen flowers](#) of [Mahua](#) tree.

Seeing such reports I tried to prepare the list of contributions made of tree in Nature's ecosystem. When I kept a Mahua tree in these criteria I found that cost of this single tree in terms of its known contributions is even much higher than cost of entire Bauxite project. In this project thousands of tree species are

expected to cut down. The big question is that if this project is of big loss as compared to “project” in progress by Mother Nature then why our planners are giving permission to it? Here are the criteria to be considered while estimating the cost of single species. It is for a tree.

1. Age of tree
2. Size of tree
3. Bird species dependent on it
4. Dependence of Bird species in monetary terms
5. Beneficial micro-organisms dependent or associated with it
6. Dependence of micro-organisms in monetary terms
7. Herbivores dependent on it
8. Dependence of Herbivores in monetary terms
9. Wild life using tree as shelter place
10. Role played by tree in prevention of disease outbreak in surroundings or in entire forest.
11. List of traditional medicinal uses of tree and its parts in surroundings areas.
12. Contribution of these tree parts in health of common people in monetary terms.
13. Minor forest produces provided by tree in long life span in monetary terms.
14. Oxygen generated by tree in long life span in monetary terms
15. Carbon dioxide intake by tree in long span in monetary terms.
16. Contribution of tree in soil conservation since its emergence in monetary terms
17. Contribution of tree in removing atmospheric pollutants in long life span.
18. Contribution of tree in growth of small herbs and large trees growing in surroundings through Allelopathy, in monetary terms.
19. Dependence of insect species in monetary terms.
20. Dependence of Orchid species in monetary terms.
21. Bird, insect, micro-organism, orchid etc. very specifically dependent on the tree.

PLUS

Multiply the cost of one tree to 50 (years) as considering remaining average life of tree.

Additional points

1. Around the world research on new uses of plant species is in progress. If researchers will develop costly drugs from this species then its cost will increase. Considering this point 50 percent total cost must be added as bonus.
2. Similarly the new uses of species dependent on this tree can develop in future. Considering this point at least five percent cost of each depending species must be added in total cost.
3. This calculation is strictly for single tree species not for Tree complexes. Tree Complexes means situation when one main tree support lives of tens of other tree species. Tree Complexes are common throughout India and unique as they have their own ecosystem. For calculation for Tree Complexes there



must be separate consideration for each species.

[Photo album of Different Tree complexes of Indian state Chhattisgarh and neighbouring states.](#)

This estimation is based on known contributions of tree species. If any more points are coming into your mind please suggest, I will add it.

Although complete information on this aspect is not available but when I tried to put 50 years old Mahua tree in this cost estimation point, I found interesting information. I am adding it with different points.

1. Age of tree: 50 years.
2. Size of tree :
3. Bird species dependent on it: In [Gariaband](#) region over 35 species of birds depend on Mahua tree whereas in Niyamgiri Hills natives informed about higher number. There is need to prepare list of these birds.
4. Dependence of Bird species in monetary terms: From seed dispersion to plant protection birds play vital role.
5. Beneficial micro-organisms dependent or associated with it: I searched the scientific documents and found thousands of reported species of beneficial micro-organisms that depend on Mahua tree.
6. Dependence of micro-organisms in monetary terms:
7. Herbivores dependent on it: From Goat to many wild herbivore depend on this tree.
8. Dependence of Herbivores in monetary terms:
9. Wild life using tree as shelter place: Mahua is shelter place to Bear, Tiger, Bees etc.
10. Role played by tree in prevention of disease outbreak in surroundings or in entire forest: Not only natives but also scientific literatures give evidences that presence of Mahua prevents spread of many forest diseases.
11. List of traditional medicinal uses of tree and its parts in surroundings areas: [Mahua plant parts are used in treatment](#) of over 55 human as well as [cattle](#) diseases. Natives start their day by using [Dataun](#) prepared from its twig. Its different parts are used in treatment of [cancer](#). If through bark of single tree the Traditional Healers treat cancer successfully and even only 10 patients benefited per year then you can estimate the cost of tree. Per patient average cost for modern cancer treatment is 1 lakh rupees (lowest).

At this rate only bark of single tree is worth 10 lakh rupees per year.

12. Contribution of these tree parts in health of common people in monetary terms. Mahua plant parts are closely associated with the lives of common people living in surroundings from traditional dish to home remedy. In Southern Chhattisgarh Mahua liquor is used as external remedy to stop bleeding even in case of Hemophilia. In this way it is saving expenses in health of common people. No one estimates the savings provided by this tree and cost of handling same number of natives with the help of modern set up.

13. Minor forest produce provided by tree in long life span in monetary terms. The natives of tribal region consider its cost in terms of minor forest produce as 10,000 Rs. per year. When you will estimate the cost at village level it will be low but real calculation must be its rate in International market as planner do for their mining materials.

14. Oxygen generated by tree in long life span in monetary terms: There are much variations in results given in scientific literatures as the researchers of different locations used trees of different age and vitality but in all cases it is far higher than average cost calculated in Delhi Metro Project.

15. Carbon dioxide intake by tree in long span in monetary terms: As Oxygen generation result.

16. Contribution of tree in soil conservation since its emergence in monetary terms: Mahua plays vital role in this regard.

17. Contribution of tree in removing atmospheric pollutants in long life span. Mahua trees in sponge iron polluted [Raigarh](#) region, are playing vital role even by sacrificing their lives.

18. Contribution of tree in growth of small herbs and large trees growing in surroundings through [Allelopathy](#), in monetary terms. Research around the world has shown that Mahua leachate and extracts are beneficial for lives of hundreds of herbs and trees growing in surroundings.

19. Dependence of insect species in monetary terms: Tens of insects feeding on Mahua are used as medicinal insects. A lepidopteron insect feeding on its leaves is used traditionally in treatment of [Sickle Cell Anaemia](#) in Chhattisgarh. Hundreds of insects associated with Mahua have been reported.

20. Dependence of Orchid species in monetary terms. In Niyamgiri as well as forests of Chhattisgarh Mahua tree supports lives of tens of species of rare Orchid species. These species are of religious as well as medicinal importance.

21. Bird, insect, micro-organism, orchid etc. very specifically dependent on the tree.

PLUS

Multiply the cost of one tree to 50 (years) as considering remaining average life of tree.

Additional points

1. Around the world research on new uses of plant species is in progress. If researchers will develop costly drugs from this species then its cost will increase. Considering this point 50 percent total cost must be added as bonus.

2. Similarly the new uses of species dependent on this tree can develop in future. Considering this point at

least five percent cost of each depending species must be added in total cost.

3. This calculation is strictly for single tree species not for Tree complexes. Tree Complexes means situation when one main tree support lives of tens of other tree species. Tree Complexes are common throughout India and unique as they have their own ecosystem. For calculation for Tree Complexes there must be separate consideration for each species.

The nature lovers reading this article are requested to provide more information on this aspect so that we can estimate real cost of trees like Mahua with scientific evidences.

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Are you aware of this traditional approach of cancer prevention?

Pankaj Oudhia



Abstract

This research article gives information about unique traditional practice by Traditional Healers of Indian state Chhattisgarh for treatment of half cured injuries that may result in complications like cancer.

Traditional Healing

In back side of my Grand Mother's head there was a wart like structure since her childhood. She passed young age without any problem with this wart. At old stage suddenly its size started increasing and very soon it appeared as complicated case. Finally modern doctor's decided to go for surgery. After surgery few months every thing was OK but later pain in affected portion started. She tried many medicines but failed to get relief. With this pain she passed away. In our young age we ignore the wounds resulted from injuries. After initial treatment we leave it as such. But it is common observation that in old age these old injuries start showing its bad effects. It is hard to believe but in many cases such injured spots give birth to [cancer](#). The senior Traditional Healers of [Indian](#) state [Chhattisgarh](#) are aware of this phenomenon. This is the reason they always give emphasis in complete treatment of any injury even after all signs disappear. During recent Ethnobotanical surveys when I was interacting with them they informed about many medicinal herbs and herbal combinations having capacity to cure such half cured wounds. Many times I receive letters from researchers about medicinal herbs and herbal combinations 'preventive' to cancer. The senior Healers of Chhattisgarh put these remedies in the category of remedies used as preventive to cancer.

They informed about 88 species of herbs useful as single remedy for this purpose. In form of herbal combinations over 50 species of other medicinal herbs as well as insects are used. Many types of medicinal mushroom are also used. According to them there is no age for start of treatment. They use these herbs in patients of any age and in general patients are advised to come to them once in two years or in fewer intervals if possible. When natives approach to them they simply examine all parts of body and mark the spots of old injuries. Based on the condition of injuries they decide different herbs and herbal combinations. Remedies are given and natives are kept under supervision. They are given different types of medicinal [rice](#) and organically raised food materials and twice a day remedies are given. Based on the vitality of patients two to three days after start of treatment activities in old wounds started. Many become red whereas suppuration started in others. This is very painful condition for the patients. Specific remedies are given in order to reduce the pain of patients but remedies are not given to treat the wounds. After five days when all old wounds show its power then main treatment starts. This time focus is to cure it up to roots. Again based on the condition of patients it takes two to three weeks. After this duration the treatment is considered complete. As blood purifier patients are given herbal tea having [Kalmegh](#) and [Neem](#) leaves with instruction to take it up to one week.

This unique traditional knowledge is limited to very few senior Healers. I found it as endangered knowledge as modern natives are not aware of importance of this knowledge and secondly they are not having time for such long treatment in short intervals. Although in India many Herbal Resorts are active but I have yet not found this treatment in any of the resorts. I am aware that before introducing such treatment in such modern resorts there is need to provide scientific base to this knowledge under frame of modern science. If this knowledge is really useful then we can put two options among the world community. At first go for treating half cured injuries with the help of this traditional knowledge and in case of further injuries adopt cure up to the roots concept. Such approach will save thousand of lives every year. Unfortunately this cure is not for the patients already having cancer.

Most of the Healers want to keep the information secret about the herbs and herbal combinations used for

this purpose. After long interaction I got information about single formulation in which whole plant of medicinal herb [Genda](#) is used. Different parts are used at different stages alone and in combination with other herbs. Genda is well known around the world for its flowers and also for Lutin extracted from its petals but for that hybrid Genda is used. In Chhattisgarh traditional Genda types exist with special medicinal properties. These types are used in traditional healing.

When I shared this information with my friend practicing modern medical science he accepted the basic concept but informed that he has never studied it in modern literatures. As student of [Homoeopathy](#) I am aware of many Homoeopathic drugs having capacity to treat different types of wound. Most of these drugs are prepared from medicinal herbs. As you know the basic principle of Homoeopathy is that in large amount these medicinal herbs produce the troubles that are treated successfully by its lower doses. In this way I feel that Homoeo-herbs in its crude form can play vital role in activating the old half cured wounds. I am trying to prepare list of such drugs.

In order to get comments of cancer researchers around the world I am presenting this Traditional Knowledge in form of this research article. Through on-going surveys I am trying my best to get more information on this aspect.

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One Day visit to Gariaband region during rainy season of year 2007. Part-I.

Pankaj Oudhia



Abstract

On July 5, 2007 I was in Gariaband region of Indian state Chhattisgarh for my Ethnobotanical surveys and photography. I collected valuable information on different aspects especially on Traditional Dentistry and Medicinal Rice. The details are given in this series.

Traditional Healing

I have written a lot on different aspects of Traditional Dentistry from dental regeneration to protection of teeth up to old age. The Traditional Healers especially senior Traditional Healers of [Indian](#) state [Chhattisgarh](#) are having rich traditional medicinal knowledge on this aspect. I have also mentioned that how few drops of herbal combinations in form of liquid are applied into the nostrils and within no time teeth become enough strong to crush the stone. On July 5th 2007 I was in [Gariaband](#) region for surveys as well as photography. During this visit I got additional information on this aspect. I met Shri Nishad of Gariaband region and inquired about the Traditional Healers giving services in the region. After initial discussion he convinced that I am researcher and engaged in documentation of traditional medicinal knowledge about herbs. He informed about many trees and herbs present in surrounding and invited me to his village on Sunday in order to visit nearby forest in search of rare herbs. I accepted his invitation and moved forward. After ten kilometers we parked our survey vehicle in shade of [Kusum](#) tree and walked to take pictures of aquatic flora in [Pairi River](#) with driver cum field worker. After half an hour I found Shri Nishad standing in front of me with special herb. He was following us. He suggested chewing the whole herb and then he will show its miraculous effects. We hesitated. He chewed it and then took small pieces of stone and crushed it with the help of teeth. It was amazing. My driver Shri Rajesh tried to crush the stone before taking herb but he got injury in gums. After chewing the herb he crushed the same stone within no time. At last I tried it successfully. Shri Nishad informed that he has got this knowledge from his Guru living in his village. According to him this herb is very useful in treatment of old diseases. Its judicious use flushes out the [Renal Calculi](#) and also useful in { {Cataract}g}. He claimed that this herb is

having capacity to purify human body and added in herbal combinations useful in treatment of [cancer](#).

When I examined this herb I found it as very common [weed](#) growing in forest region. I searched my database and found that its use in treatment of Renal Calculi was known in the state especially in Northern Chhattisgarh but its miraculous effect in making teeth very strong is new information for me. I took pictures of this demonstration and very soon you will find it in Ecoport. According to him his relatives and friends don't consider this knowledge as valuable. But as Traditional Knowledge Researcher I am aware of its importance.

The effect of this herb chewing was long lasting. Whole day our teeth were eager to bite some thing. I saw my driver chewing CD box made up of plastic. He shared same feeling what I was experiencing. According to Shri Nishad this feeling remains up to one day. He named this herb as Vajradanti but as I have mentioned in previous research articles that in the state many herbs are known as Vajradanti and most of these herbs are used in treatment of dental troubles.

In Gariaband and surrounding regions the natives are still aware of Traditional [Rice](#) varieties. During surveys I never miss to collect information on this aspect. During this survey I got information about Traditional Rice named Labed, Surmatia, Asaanchudi, Khurabahan and Dawar. Dawar is medicinal rice. It is early maturing, locally known as Haruna, and red colored rice. When it is cooked, rice water gives red color. The Traditional Healers were using it as female tonic and especially in treatment of gynecological troubles. This rice is also considered boon for the patients recovering from exhaustive diseases. I searched hard but failed to meet the farmers or Healers growing and using this medicinal rice. Shri Nishad promised me to arrange seeds of some of these Traditional Rice types. As usual I will give the rare seeds to my father who is farmer and also to other farmers interested in raising these rare types. Khurabahan is also early maturing rice. Asaanchudi is rice with yellowish grain.

And at last I asked my favorite question that which tree is most frequently affected by lightening? As usual I got long list from natives but [Moringa oleifera](#) and [Madhuca indica](#) were on tip of tongue.

Keep reading my research articles at Ecoport for updates.

Original Research Document

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Increasing negative impact of foreign plant and tourists in Maikal Hill range near Boramdeo tourist destination: Some observations and suggestions.

Pankaj Oudhia



Abstract

Both foreign [weed](#) [Parthenium](#) and increasing activities of tourists in Boramdeo tourist destination in Maikal Hill Range are creating negative impact on rich biodiversity of the region. In present research article an effort has been made to point out the problems and to suggest possible remedial measures.

Traditional Healing

On September 03, 2007, prior to National Parthenium Awareness Week i.e. September 6-12 I visited to Maikal hill range for my surveys. My prime objectives were to collect medicinal insects, to observe new diseases in medicinal flora and to interact with the natives and Traditional Healers of this region. But from [Raipur](#) to [Kawardha](#) and then Banjari via Simga and Bemetara all times I found one species common with all types of flora i.e. unfortunately [Parthenium](#). Its presence in [wasteland](#), field bunds and even in crop fields is common in this part of [Chhattisgarh](#) but when I climbed the hills for surveys I found it everywhere even at top. It was really painful experience. Parthenium is spreading and no one is there to manage it even to think on this aspect. Shri Vishram Gond of Chorhatti village was engaged in road construction work inside the Boramdeo sanctuary. Showing that I am unaware of this obnoxious [weed](#) when I inquired about it he replied that this weed is allergy weed and 'Kadu' i.e. bitter in nature. He was not talking about its bitter taste. Bitterness was in his feelings when he tries to uproot it bare hands. His contractor showed ignorance towards health hazards of this weed. His workers uproot the roadside population manually and after flowering in most of the cases. As usual I explained them about its harms

and possible ways of its management. I suggested the contractor to arrange extra payment for such workers as they are getting sick due to this weed. But as expected he replied that the authorities don't pay him the extra for this cause. Then how he can pay this extra payment? Although there are scientific recommendations that one must wear hand gloves and adopt proper cloth covering before uprooting this weed but in [India](#) in general workers ignore it and they have simple answer for it. They say that it is hard to work efficiently by wearing such protective cloths. It means it is responsibility of researchers to develop new efficient ways of protection. During visit I observed monkeys frequently passing through the dense population of this weed. No one knows up to what extent this exotic weed is causing damage to our wildlife. In coming Parthenium Awareness Week once again the researchers and extension workers will try to aware the common people about this weed through seminars, workshops and other events and will expense much with large media coverage but like other parts of year during this period also in Maikal hill range Parthenium will continue its spread without any problem. Seeing this spread, all over India, I feel that there is need for Parthenium Awareness as well as Management Decade with much field work.

During visit to Sanctuary region I observed small tunnels rather small caves at the base of old [Dhawda](#) tree. I expected it as stay place of wild boar or may be it was due to erosion of soil. The natives informed that it was made by monkeys. Monkeys? I showed surprise as it was new information. They explained that during hot summer when most of the trees are leafless, monkeys take shelter in this cave. They prepared it by themselves and while preparing it they consumed its soil. Soil is rich in natural salt. During visit I found large population of butterflies sitting on soil near the entrance of the cave. I took pictures and very soon you will find it in Ecoport. Through reference literatures I am trying to get more information on this interesting observation. In general such caves are made at the base of Dhawda tree.

I have mentioned in previous research articles that after over physical exertion when any one gets much body pain, in order to get quick relief the Traditional Healers suggest them to use specific types of leaves as bed. Kalmi is among these leaves. Its use results in sound sleep as well as gives much relief from pain. During visit I found that the contractor was sitting on leaf platter like structure. It was prepared from Kalmi leaves present in surroundings. Without any delay I asked about purpose of Kalmi leaf use. They were not aware of its therapeutic value. They used it just like other leaves. But many of them informed that this tree is used as medicine by the Traditional Healers of the region.

Bhoramdeo is well known tourist destination of Chhattisgarh state. Although according to the Pujari ji of main temple that 20-25 years back very few tourists were visiting this place but today scenario has changed. Now foreign tourists are coming in large numbers. Seeing this number many resorts are coming in this region. In their package tour visit to biodiversity rich Maikal Hill range is mentioned. Natives of this region informed that they have seen tourists taking interest in biodiversity and collecting plants. Although I have not met but heard that tour operators have arranged services of botanists for foreign tourists. No doubt this Hill range is rich in biodiversity. It is not wrong to say that this region is still having thousands of herbs not mentioned in modern scientific literatures. At the entrance of Bhoramdeo sanctuary the gatekeepers were very active in writing all details of visitors even license number of vehicles but they are not aware of local herbs and its importance in terms of trade. Also vehicles are not checked at both checkpoints. It is very easy for tourists to take seeds or even small plants from the region. These tour operators also arrange meetings with Traditional Healers specially [Baiga](#) Healers. Seeing all these I got much worried. Both biodiversity conservation as well as tourism are essential for the state but I am in much favor of Biodiversity conservation. Balance between them, at least, is must. I found the present situation one sided. As the reference literatures related to weed science clearly mention that vehicle movement play vital role in spread of Parthenium weed. I think pressure created by tourists and their vehicles is helping in spread of this obnoxious weed in the untouched regions. In one hill top when I

asked about presence of Parthenium in such untouched place specially from human side, natives replied that foreign tourists prefer the off road visits and to take larger view they climb to top. Their baggages are enough to carry Parthenium seeds to the top. I feel that whenever there is plan for development of new tourist destination it must be with the support of Biodiversity experts and their organizations. There is need for regular monitoring and in all tourism brochures request and instruction to conserve native Biodiversity must be added.

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Related Ecoport Articles

[Possible ways to protect Kotumsar caves of Bastar from increasing tourist pressure.](#)

[Possible ways to protect Biodiversity of Indian state Chhattisgarh from increasing number of tourists and pressure created by them.](#)

[Its Golden time for utilizing natural herbal wealth for tribal welfare.](#)

[Parthenium related Articles](#)

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Traditional Medicinal Knowledge related to Mud-puddling in Indian state Chhattisgarh.

Pankaj Oudhia



Abstract

[Mud-puddling](#) is well known phenomenon but from traditional medicinal knowledge point of view much information is still in undocumented form and is with the Traditional Healers. The soil from spots selected by Butterflies is used as traditional medicine both internally as well as externally. Also such spots are used to diagnose different human diseases. This research article is an effort to document this unique traditional knowledge.

Traditional Healing

Few years back I was conducting Ethnobotanical survey in world famous Kotamsur caves region of [Bastar](#) during hot summer. I observed hundreds of butterflies sitting on ground. As there was rains last night butterflies were sitting in moist spots. A forest guard traveling with me told that such rains although in small quantity are boon for such creatures. These butterflies are sitting for salt. If you urinate in forest during hot summer large number of butterflies will come and sit on it- He added. Technically this phenomenon is known as [Mud-puddling](#). I am seeing it from my childhood and during surveys took many pictures but never focused on it from research point of view. Later when I met with the Traditional Healers of the region they informed that soil collected from such spots is useful as medicine both internally as well as externally in treatment of many diseases. It means butterflies select special soil. In

world literatures I have yet not found any information regarding its status as special soil and also failed to get information saying that such soil is used as medicine. According to the Healers of Bastar region this soil is having capacity to absorb extra heat when used externally. In general all types of soil especially black soil is known for this unique property. This is the reason in form of paste it is used externally in case of painful boils and related troubles. But Healers consider the soil collected from such spots more useful than common black soil. Many Healers add this soil as important ingredients in herbal paste used externally in fractured bone. They visit to forest and when they find large number of butterflies sitting on specific spot they wait for few hours and then collect the soil from it. Although not in much practice but they are having rich traditional knowledge about it. If such spots are in shade of old [Koha](#) tree then soil can be used internally for stomach related troubles. If it is under [Kalmi](#) tree then it is used internally in treatment of patients having poor vitality. I have collected information on over 1200 species. The knowledge regarding tree groups and tree complexes is also rich. Few days back I posted the question saying that What is special in this soil? in Pestnet. Many Entomologists replied that nothing is special as such spots can occur anywhere. I feel that such experts must meet the present generation of Healers practicing this knowledge so that through fruitful interactions we can contribute much on the topic Mud-puddling for the coming generation. For this purpose I am documenting this knowledge through Ecoport.

After coming back from surveys in Bastar region when I shared this information with the Healers of Chhattisgarh Plains and informed that if anyone urinates then butterflies come to such spots in very less time, the Healers laughed at me and said that you have not observed it carefully. Butterflies don't sit in all types of urine. Even their reaction varies from person to person. Also different colors of butterflies prefer different types of urine. Very keen observation!!! They added that through these observations one can diagnose different diseases specially diseases related to urinary system. Many senior Healers claimed that problem of sterility and [Diabetes](#) can also be diagnosed through these observations. This is unique knowledge and requiring attention from the scientific community. I am trying to get detailed information on this aspect.

According to the Healers, based on color they have observed over 16 types of butterflies coming to such spots. Also many times they come in groups. Through Pestnet now I have got the identity of three such species i.e. [Hypolimnas bolina](#), [Papilio demoleus](#), [Catopsilia pomona ssp. pomona](#). The Healers are having traditional knowledge regarding these species. By adding many herbs with soil collected from spots visited by Catopsilia, the Healers use it as supplement treatment of Diabetes Type II. Patients are suggested to crush this herbal combination having this soil by bare foot along with taking internal medicine.

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Original Research Document

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Now Jatropha is showing its (bad) colors in India.

Pankaj Oudhia



Abstract

So-called promising biodiesel crop Jatropha is failing to perform in every front. The present article is an effort to inform about ground situation of Jatropha in India.

Jatropha Fever, Scam, Corruption, New Pest and other stories

When propaganda to present Indian medicinal crop Safed Musli (*Chlorophytum borivilanum*) as future crop for Indian farmers was in full swing few years back I got chance to visit famous Musli farm in [Maharashtra](#). The farm was very attractive. From entrance I saw many local workers engaged in peeling of Safed Musli tubers. The farm owner informed that there is huge demand of dry Musli in [Canada](#) and Gulf countries. It is used as [aphrodisiac](#). For the farmers it was one of the costliest crops and key sentence for propaganda was 'Grow Musli and become millionaires in three months'. At that stage there were tens of large farms in different parts of country. Their sole purpose was to sell the planting material. They became millionaire by selling planting material and when common farmers approached to the so-called international market they found that all business was not more than a big cheating. Today Musli farmers are under pressure of loan taken for this costly crop and planting material sellers are investing in new business. As mentioned above their way of

presentation was very attractive. This is the reason even after writing over 100 popular articles in different farm magazines I failed to convince most of the farmers and today they are searching market to sell it. Unfortunately I am seeing the same case once again in case of [Jatropha](#). If you see the newspapers of year 2002-2003 you will find hundreds of promises done by the Jatropha promoters that in year 2006 and 2007 you will see the Jatropha revolution. Many state governments in [India](#) promised that they are starting biodiesel pumps. Up to 2007 you will find lots of vehicle running from this biodiesel. I am writing this article on October 26, 2007 and not only the promises are no where also claim makers are out of scene. Now through speeches of politicians we are hearing that Jatropha has been planted in large areas but no one is talking about when we will see its practical use. Like Safed Musli sellers in many states especially in my state [Chhattisgarh](#) small biodiesel plant has been established. And through its demonstration regular news are published. Now common people are also understanding the truth. This plant is one of the most highlighted places when any state guest arrives. By seeing this small plant they support the false claims of state authorities.

Few months back I was interacting with the senior railway officer of North India. Once he was fan of Jatropha biodiesel as engineer. Even after reading my articles on negative aspects of Jatropha he refused to oppose Jatropha but when his fellow engineers tried it in railway engines he clearly said that it is not more than a fraud. We have to modify our engine even to blend 5 to 10 percent of Jatropha biodiesel which is next to impossible. It is not new thing for the activists opposing Jatropha around the world. Recently we have read the news from Burmese papers that how Jatropha was promoted by military Junta in Burma and how its failure raised the anger of local people specially farmers as fertile as well as pasture land were used to plant this toxic plant. Local newspaper in my state published the report saying that railway tried biodiesel blending in narrow gauge train engine running between Raipur-Dhamtari but after one or two operation they have to stop it as engine stopped working. I am in touch with the researchers conducting research on possible use of Jatropha. Most of them say that it is too early to go for large scale plantation. Let us examine whether it is useful or not.

Jatropha plantations both private and governmental are in very bad condition. Jatropha crop is under heavy infestation of insects and diseases. Please see these tables titled [Severity of infestation of two important pest on Jatropha curcas crop in different parts of Indian state Chhattisgarh during June-August, 2007](#) and [Intensity of viral infestation in Jatropha curcas plants during June-August, 2007, planted at different locations in Indian state Chhattisgarh as biodiesel crop](#) for observations taken in different parts of Chhattisgarh. The increasing infestation is enough to prove that Jatropha is like other crops and susceptible to pest attack. Please check the recent news clippings. The reporters are still claiming that it is free from insects and diseases as its unique quality. I am receiving letters of Jatropha farmers from different parts of India. They are also facing this problem. As I write regularly on organic farming they are asking for organic solutions to manage Jatropha pest. I am in dilemma. Although during initial phase I worked a lot on Agronomy and organic pest management of Jatropha as biodiesel crop but when I started studying its Allelopathic effects I found that it is real curse for biodiversity. Its root exudates many harmful allelochemicals having negative effects on

growth of hundreds of species. Its bad impact on medicinal plants forced me to oppose its large scale plantation. Let's come back to present problem of pest. Many farmers are using agrochemicals to manage pest in Jatropha crop. They are getting success but application of agrochemicals is making this crop a costly crop. Also the farmers of [Durg](#) region informed that application of agrochemicals is forcing the insects to migrate to nearby agricultural crops. The farmers of [Dhamtari](#) region are telling more dangerous story. They grow many types of vegetable crops in rainy and winter seasons. During summer other crops are taken. The insects damaging vegetables crops are using nearby Jatropha plants growing in plantations or along with roadside as alternate host during summer. They are breeding in large numbers in Jatropha plants and next year attacking on vegetable crops with double impact. They are worrying that situation will become serious in coming days. At that time we will have two choices. Either to stop cultivation of vegetable crops or to destroy Jatropha plants sheltering the insects.

I am searching the libraries for recent scholarly publications on Jatropha. Large number of Indian research papers are coming with repeated material that Jatropha is promising future crop but no one is publishing about ground situation. Many experts said that this year there was good rains. That is why insect infestation was high. So may farmers pray that next year rains must be less so that they can get poor food crop but good crop of Jatropha????

Many years back I have pointed out this problem that seed setting is very poor in high rain fall areas. Poor seed setting means poor crop. Now farmers are raising this point as they are seeing it in their own lands. Crop breeders can solve this problem by developing new varieties but it will take at least 5-6 years but Jatropha promoters are in hurry. They are not going to wait.

The condition of roadside plantations is very bad. As no one is caring the plants mortality rate is very high. You know when even a single plant dies it is directly related to public money. I have seen millions of plants died or dying due to no care. In official records these plants are still alive. But by crushing these official records we can not produce the biodiesel.

So in India present condition of Jatropha is horrible but you will find new trend of news in newspapers of other countries. They are promoting Jatropha by presenting Indian story as success story. In India we are not even having story then how we can expect success story???

After Jatropha fever now Jatropha corruption is also coming to surface. In different parts of India tens of firms supplied Jatropha seeds and saplings to government departments for large scale plantation. These materials have been supplied at very high rates and by greasing the palms of authorities. Most of these suppliers are becoming invisible as failure of Jatropha is coming in front of public. Very soon we will read dozens of Jatropha scams.

From starting of Jatropha promotion I am raising voice against it. I faced many odd situations but it is good news that now I am getting support around the world. Farmers are also planning to expose this fraud.

Keep reading my research articles at Ecoport for update.

Related Ecoport Articles

[Bare facts about poisonous Jatropha curcas.](#)

Original Research Document

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Give me space; I will enrich your knowledge.

Pankaj Oudhia



Abstract

Write up about the voracious writer eager to enrich others knowledge.

Traditional Healing

During my school days I was writing small poems. One day an Editor of local Hindi daily visited to meet my father. He showed my poem to him. The Editor reacted positively and in order to encourage me suggested to write 100 poems and then he will publish a book on this. It is hard to believe but within one week I wrote 100 poems and contacted him. He showed surprise and appreciated my effort. These poems are still with me. Since then I am writing continuously without much break. I faced many odd situation, problem and break up in family relationship due to excess writing but still I am writing and eager to share the information and knowledge to people in surroundings and in different parts of world.

When I was studying B.Sc. (Agriculture) I started writing on medicinal herbs. Later after completion of studies I started writing on different farming issues. Initially I fixed target of writing one article in a month but later I reached to ten Hindi articles per day. Initially my articles were publishing in one or two farm magazines. But increasing pressure of articles motivated me to write in over 20 farm magazines. Most of these magazines and journals were monthly. At the speed of ten articles per day, one and half day was enough to fulfill the annual demand of monthly magazines. My regular articles were welcomed by the readers but for publishers this bulk started creating problem of publication. When few years back I was invited to Kota to receive award of best writer for that year, the editor of magazine showed me a big box specially prepared to keep my articles. He said that we have one special worker to handle your articles and we have articles for next twenty years. This monthly magazine is publishing my two articles

in each issue. They are very generous. Because I am still sending articles to them for twenty plus years. Yesterday I posted two recent articles. To solve this problem a farm magazine of Punjab published 14 to 16 articles of mine in single issue up to many years. But ultimately tired and requested me to stop sending more articles till publication of pending articles.

I faced similar problem when I started publishing research papers. A well known publisher of research journals from Karnal wrote to me that our all workers are busy in handling your research papers. So please send it bit slowly. International Rice Research Notes published my many research notes with new information. They always encouraged me with tip to move slowly.

Tired of publishing papers in research journals when I started contribution through Botanical.com the humble webmaster Julie welcomed me. She was expecting 5 to 10 research articles from me but when I touched the 100 figure, she decided to give more time to me and my articles. She added my many articles during vacations and even in Christmas holidays. But when I reached to 500 articles the program of Botanical.com started showing problems. She designed special program to accommodate 1000 articles. Later by frequent modification this special program handled my 10,000 articles and finally up to 12000 articles. When I showed interest of adding 12,000 more articles both program and webmaster lost interest in this never ending writing. I am thankful to Botanical.com especially to the webmaster for extending full support and acting as bridge between me and the world community. I am still eager to continue with them if their program supports me.

With 200 unpublished herb fact sheets I was in search of new space after Botanical.com. Fortunately I got suggestion from Peter Griffie to contribute in Ecoport. Initially I invested much time to learn the Ecoport. Up to Botanical.com and even during first year in Ecoport I was not having computer. I was writing in plain paper and giving it to nearby computer shop owner for typing. After taking the corrected copy in floppy I was posting it to the Ecoport through cyber cafes. That time was really hard time. Much money as well as efforts were wasted in that task. But it is matter of proud for me that I have written over 12,000 research articles at Botanical.com and contributed over 15,000 pictures to Ecoport during that hard time. Now I am having computer in my home and this new facility has increased by performance many folds. More and more articles are coming and space for it is shrinking.

Like Botanical.com I got overwhelming response from Ecoport team. Ecoport team specially the supervisor Dr. Tonie Putter always encouraged me. Assistant programmers Rohan Putter helped tirelessly specially in editing and uploading my pictures to the database. Their helps are still on with same freshness and vigor. As result I became one of the top individual contributors of Ecoport. Today my over 30,000 pictures and thousands of research articles are on-line in this database. I am investing almost whole day for contribution in Ecoport. Ecoport is tolerating me to great extent. At present I am writing special report on traditional medicinal knowledge about Diabetes Type II. This report is having thousands of weekly schedules. As always happened with me now bulk contribution is creating problem for Ecoport. For instance I am adding keywords in each table. The Ecoport system considers each key word as separate hyper link. As result my thousands of tables are generating millions of links and these never ending and ever increasing links are creating problem in regular working of Ecoport. My contribution is unnecessarily causing disturbance to the database maintained by dedicated team members.

From above mentioned experiences many things are clear. First I am voracious writer. This is not my word. This name was given by of well known weed scientist Dr. N.T. Yaduraju. When I entered in

interview room as possible Ph.D. candidate few years back, in IARI, New Delhi, and Dr. Yaduraju aware of my continuous writing introduced me to the fellow members with his name. I was carrying five suitcases full of my contributions. The selectors were not having time to read it. When I said 1000 articles. They said, it is not possible at this age. I opened the suitcases and showed the articles. They said it will take a week to read all these articles and establish this truth. Finally they appreciated much but not selected me for Ph.D. course. Very recently famous research foundation asked me to submit print outs of all contributions for cash award. I was in dilemma. All contributions means thousands of pages and when I calculated the print out charges I found that it is just double of the proposed cash award. I informed them about it. By showing great surprise through widening the eyes they postponed my name for coming years. I am hoping in coming years the contributions will go to higher side and print out will become more problematic. I want to share an odd experience also. With many suitcases full of contributions I appeared in interview for junior scientist in local university. During interview a panel member said shamelessly that in stead of bringing contributions if you bring money in these suitcases, you will become scientist within no time. These contributions are of no use for the panel members. And as expected my name was not there in the selection list. I was aware that these contributions are of great use for the whole world. Incidentally the panel member later contacted me with his mother having Asthma at advanced stage. I ignored the previous incidence and suggested him to meet the best Healers. Many months after treatment he visited to thank me. I said whatever I have done is part of my knowledge I gathered from my surveys and you can see that my contributions are not useless.

So at the very beginning I am searching enough Space for contribution. Shift from articles to research articles, from farm journals to Botanical.com and Botanical .com to Ecoport and then Ecoport to other databases may be good for me but every shift is very painful experience. You have to change all set ups of mind to start work in new database. I am still in search of Database where I can work with full freedom. Database having full faith on me and eager to modify their programs as per need of my contributions. For instance the keyword problem in Ecoport is forcing me to stop adding new keywords. The Ecoport team is right in their place but I am worrying that when I will add these keywords with each table. They tell about financial constraint and try to explain that modification in database will require additional investment. My direct question is to the sponsors of such databases. If anyone is eager to contribute without taking any cost then why such sponsors don't come forward to provide space and facility to such researchers. After all this generosity will enrich the world community with knowledge. Please correct it if I am wrong.

So by stating the writing habit of mine I have written this very long article. I am staying in Ecoport till completion of this very long Diabetes report and even more till my contributions will not disturb the program. I am also eager to work with other databases. I am assuring you once again that if you give me space then I will definitely enrich your knowledge.

Original Research Document

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Visit to plantations and see Jatropha failure by your own eyes.

Pankaj Oudhia



Abstract

[Another article](#) showing that so-called promising biodiesel crop Jatropha is failing to perform in every front. It is an effort to inform about ground situation of Jatropha in India.

Jatropha Failure

“Don’t touch it. It is very toxic. In fact every part of this shrub is toxic. When we uproot weeds in plantation we get frequent contact with this shrub. Our hands and equipments when injure any part, the latex oozes out and without any delay we have to come back to our houses to wash it with the help of soap. No, no the latex causes no sharp irritation in skin. We wash it as this latex is very harmful. Our Traditional Healers and senior villagers informed about it. We know that one day we will be sick and unable to work but as last resort I am working in this plantation. “ The care taker of government owned Jatropha plantation was interacting with me yesterday when I was in visit to different Jatropha plantations to see its presence status. ‘Then why don’t you ask for additional health compensation for working in [Jatropha](#) plantation.’ I raised the question. He replied that if we raise this question we will loose our jobs and in [India](#) these is no shortage of jobseekers even in harmful plantations like this.’

As first spot I visited to Sunderkera village where in lateritic wasteland Jatropha is planted in large areas.

By first sight I found it a good place for study tour for the researchers working in the field of Entomology and weed science. Entire plantation is having variety of insects and pest. Most of the weeds present in this plantation are not present in nearby farmer's fields. The reason is simple. The authority used farm yard manure and fertile soil collected from governmental farm where these weeds grow naturally. With FYM and soil, weed seeds reached to plantation site and now competing with Jatropha. It is not wrong observation of farmers that very soon through different dispersion mode these weeds will reach to their crop fields and they have to invest additional money to manage it. [In previous research article I have mentioned about increasing insect infestation in Jatropha plantations of Chhattisgarh](#). This time I collected over 10 species of insects in my short visit. Most of them were well known pest of agricultural crops. Although its population was not very high to create any serious problem but you know that few days of suitable weather can change the whole scenario. These insects are enjoying feeding on Jatropha. The caretaker showed shoot borer damage. The symptoms were similar to the damage caused by shoot borer of [Brinjal](#). Damaged plants were in isolated patches. During summer it causes great damage to Jatropha plants- he informed. The plantation was full of spider webs. These webs were enough to show the presence of its food i.e. insects. I have confirmed it many times. Now its time for others to visit this plantation and stop claiming that Jatropha is resistant to insect and diseases.

I got opportunity to see the harvest of this season. It was very little. Why? He informed that Jatropha requires much care, enough water and fertilizers for good production. Good soil is also an important requirement. He showed the vigorous plants growing near manure pit; bore well and in crop fields. One important observation was related to real power of Jatropha. In sites where Jatropha is getting all favorable conditions it is suppressing the native plants but plants having poor growth are unable to compete with native flora. I found [Blumea](#) competing with Jatropha. In one spot Ludwigia weed was suppressing Jatropha plants. This plantation is having rich population of grassy weeds. Although these weeds are affecting Jatropha growth but they are not managing it due to fear of increasing investment. These observations are clearly saying that the claims of Jatropha promoters are wrong. They are advocating its plantation in [wasteland](#) and declaring Jatropha superior to other biofuel crops but in fact its plantation without care is mere wastage of resources and efforts. And if they invest in care then it will make this crop as very high input crop.

Although here in [Chhattisgarh](#) authorities are claiming that they have not planted this exotic plant in forest and plantation has been done only in wastelands but in fact one can see its plantation in dense forests. While passing through the forest of Singpur region I stopped my vehicle to study the effect of Jatropha on large trees like [Saja](#), [Tendu](#) and [Beeja](#). The authorities have planted many Jatropha plants in surroundings of single tree. From observation I failed to conclude that whether Jatropha is damaging directly to old trees or not but passing by natives commented that the spread of Jatropha in their forest will destroy the forest in coming years. By simply collecting leachate and extracts of different parts of Jatropha and applying it near to base of old trees or small plants growing in pot one can prove that how Jatropha is harmful to specific species. I want to do this [Allelopathic](#) study or guide the interested researchers, if time allows. When I was working in Agricultural University I conducted similar trial and found that Jatropha is harmful in this way to [Pigeon Pea](#) growth. I published this finding as research paper in [Research on Crops](#). Based on this finding I suggested as well as warned the authorities when they suggested the farmers to grow Jatropha in field bunds. Traditionally these bunds are used to grow Pigeon Pea crop. Such studies are required in detail so that we can convince the planners in scientific ways.

During visit I observed many spots in forest having no population of this exotic plant. Some spots are lucky enough that authorities ignored it but in many places the natives informed that plants have been died due to no care. In such spots I observed new flush of forest herbs having immense medicinal

potential. Near Dugli yellowing in isolated patches is happening. I collected the plant samples and took pictures. Symptoms were like viral disease.

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Status of *Jatropha curcas* in year 2022 in India.

Pankaj Oudhia



Abstract

This research article discusses the predictions made by senior farmers and experts about possible status of *Jatropha* in year 2022.

Future of *Jatropha*

Yes, title is correct. Please keep this article safe up to year 2022 and read it in order to confirm predictions. In fact I was hesitating to write research article with this title but during recent visits to different villages of Indian state [Chhattisgarh](#) many senior farmers suggested me to write article on this aspect. These farmers have seen introduction of many exotic species by presenting it as wonder crops or plants. Now these so-called wonder plants are growing as weed in their villages and surroundings. Many of these are creating great economical losses every year. They openly say that [Jatropha](#) is also present in this list and in coming 10-15 years young farmers will see this exotic plant as problematic weed. We are not sowing the seeds of prosperity for them. We are sowing seeds of curse. They will blame us around year 2022 and make odd comments on our poor planning. In previous research article I have mentioned about my visit to Sunderkera village where *Jatropha* is planted in large areas. Every state guest visits to this plantation and make good comments in guest book. Every day farmers in large number also visit to see it but according to workers they make odd comments on poor management of plantation. Unfortunately they are not allowed to put odd comments in guest book.

In year 2004 when [Down to Earth](#) for the first time published my article titled '[Jatropha Fever](#)' I was standing alone against this large scale plantation. Later they published the comments of readers. Most comments were in favor of *Jatropha*. Later [One World South Asia](#) also published my views. In return I got harsh comments. Please see the comments at the end of this write up. It is really very difficult to raise voice against any issue affecting environment in this part of world. People without any delay associate such voice with political parties and start saying that he is against it because he is paid for this campaign. But within three years the news and comments against *Jatropha* started publishing in Indian as well as international media. Now the anger of common people against *Jatropha* is coming to surface. My prediction was not wrong. This motivated me to make prediction for status of *Jatropha* in the year 2022.

According to senior farmers promotion of any weed will result in great disaster. I have mentioned in previous articles that in many parts of Chhattisgarh *Jatropha* is known as Raja Van means King Plant. When it grows in full swing it allows nothing to grow in surroundings. So in 2022 when this plant will be present in millions of hectares as failed project the farmers as well as other natives will feel the pressure of its presence. The population will increase rapidly and fight for space will on. At this crucial time the authorities will think to manage this weed. Plantation in millions of hectares will create shortage of water as a report in Down to Earth has predicted this shortage. At that time the research done by the Australian weed scientists considering *Jatropha* as obnoxious weed many decades back will help the authorities in selection of weedicides. But at that time application of agrochemicals in such a large area will raise many objections. This application will become new threat to ground water as well as environment. In such situation concept of utilizing competitive plants to suppress the growth of *Jatropha* will be tried. I am not very sure about it as at present every one is conducting research to cultivate *Jatropha* and no one especially in India is thinking on its possible spread as weed. Anyone is not even ready to think on this aspect. Whatever will be the situation but before adopting new technology we must be ready for both extremes.

So how will our young farmers manage this weed in year 2022? In answer the senior farmers of Chhattisgarh Plains replied that they will try to use its wood as source of fuel as they are doing it with

[Beshram](#). Beshram was introduced as green manure crop but later when it failed it was thrown out from the fields. Now you will find rows of Beshram plants in water ditches along with road in almost every part of India. Poor people are using it as fuel source. Although they are aware that its fumes are harmful for lung and eyes but they have no alternative. The officers and planners who have introduced Beshram in India are enjoying their retirement without fear of punishment and Beshram is causing nuisance every day and will continue to cause up to many decades. Similarly Jatropha promoters will be in same position in year 2022. In fact till that time we will have many new exotic weeds like Jatropha in our homeland. Very recently we have imported poor quality wheat with over 20 new species of notorious weeds.

In year 2022 the campaigns like War Against Jatropha will be in full swing like present day campaign named War Against Parthenium (WAP) focused on allergy causing weed [Parthenium](#). According to reference literatures it has reached to India with wheat seeds we have imported in 1950s. Today this exotic weed is causing economical losses in every front from farming to biodiversity.

One sad prediction was done by the senior farmer of [Durg](#) region that till year 2022 the cases of reported health hazards due to working in Jatropha plantations will start taking lives of workers and these cases will create new tension for the authorities eager to manage it with the help of large number of unemployed workers. In many Asian countries where Jatropha is in promotion since long time, cases of skin cancer and its direct link with Jatropha chemicals have been reported.

I think that Jatropha planted in year 2004 to 2008 will cause maximum damage to economy as till this year authorities are not having any well tested improved varieties. They have planted all type of material available in bulk. Development of new varieties and its testing in different agro climatic regions requires much time, efforts and patience. In India such research results will come to ground in year 2012 onwards. Till that the target of Jatropha plantation will be near completion. We will have poor yielding, sick plants and plantations acting as shelter place of agricultural pest. I am writing regularly about poor performances of these plantations. The future is worst than present. I also think that till 2015 the Jatropha failure will be the case known in every part of this earth and researchers will shift to other safe and effective alternatives. At that time our Jatropha scientists will feel embarrassed as no one will be ready to take advantages of new Jatropha varieties as well as the package of practices developed by them. In the field of medicinal crops we are seeing the same condition. Indian farmers started cultivation of medicinal crop Safed Musli through their own innovative attitude and later found it as failed plan. Now they are avoiding its cultivation whereas the Agricultural scientists have completed their research work on this crop very recently and searching farmers to take advantage from it. Their research is of no use for the farmers.

For the readers from countries where Jatropha plantations were started decade back this article is describing the present condition. Burma and many African counties are experiencing its failure. India planners are not ready to take lesson and eager to prove the predictions for year 2022 true.

Keep reading my research articles at Ecoport for updates.

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Details of short visit to Biodiversity rich Bootigarh region of Indian state Chhattisgarh.

Pankaj Oudhia



Abstract

This research article gives details of my recent visit to Bootigarh region of Indian state Chhattisgarh to study its rich biodiversity.

Traditional Healing

While visiting to dense forest I always try to concentrate on plants and give less emphasis on wild life but on October 29, 2007 when I visited to Bootigarh region of [Chhattisgarh](#) and entered in deep cave with natives, an interest developed in mine. We were entering in cave full of snakes. The natives were having torches prepared from wood available in surroundings. Suddenly we observed very long python deep inside the cave. We stopped at distance and I tried to take its picture but natives suggested to avoid use of flash. Although pythons are considered harmless but I was suggested to keep distance with it. Natives visit to this cave frequently in search of birds. I found many holes on roof top and through which light enters in it. This cave is used by carnivores as shelter place. The natives showed me the dead bodies of hunted animals. I feel that this is good place for wild life lovers as well as film makers. Before reaching to cave we traveled the distance bare foot. It was good experience but was full of fear.

In tourist map of Chhattisgarh this unique spot is missing. I feel that tourists much visit such places with experts in order to get new experience. But there is also fear in mind that this place is in its original form only because it is far from greedy eyes of tourism industry. Once the visitors and junk foods start arriving this place we will loose not only the plants but also the wild life. This place is having historical importance. A saint named Samdarshi Maharaj lives here. He informed that it is one of Garh of Kamar tribe. It is place of Hindu God Shanker and once in a year on Mahashivratri, Mela is organized in this place. Natives from surroundings villages come for one day. The Saint informed that the stone wall surrounding this place is very old and in early days it was most preferred place for [peacock](#) for laying eggs. Now due to increase of human activity they have shifted to other place. He lives alone and he is having great respect towards nature as well as wild life. In this small house [monkeys](#) are allowed for feast. When any snake enters in house he simply changes the place of sleeping and when it goes back he returns back to original place. During nights he burns wood in order to keep wild life at bay. [Leopard](#) and [Sloth Bear](#) are common in this forest but he assured that they have never entered in the premises with the intention to harm human beings. There is perennial stream in down side of his house where he goes daily to take water. I visited there and found fresh pugmark of Leopard even in day time. Hopefully he was seeing us from distance. During summer one can see different types of wild animals throughout day. [Wild boar](#) is also one of the frequent visitors of this place. The Saint showed us holes in ground dug by these boars in search of wild tubers. I am aware that the Traditional Healers never miss to observe the activities of boars and collect the tubers from the same spot. It is used as medicine in treatment of many diseases but its use as medicine to increase body resistance in form of tonic is popular among them.

This place is in dense forest far from human population. Nearest village is 6 Kms from it. I was traveling by [Tata Indica](#). When we left main road and entered in forest road my new driver warned me that this car is not good for jungle road. I ignored it but very soon troubles started in it and due to mechanical problem we covered this distance in an hour. I use hired vehicles for survey. Hence it is not my responsibility to worry much about it. Every time when vehicles fail in such rich jungle without any delay I start taking pictures of flora present in surroundings. I found rich population of [Karra](#), [Bhirra](#), Dhaura, [Mahua](#), Kumhi, Modga and other forest trees in surroundings. The villagers traveling with me as guide warned me to remain in vehicle and don't go far. Later the Saint

informed that wild animals are very clever. They never attack on healthy person like me. They select sick persons. But there is rule while traveling through such forests. If you focus your attention in photography you will forget such rules and there are chances to meet angry wild animals especially female Bear with cubs. Without any delay she attacks on intruder and causes very serious injuries.

On 29 Th Morning I started my survey to take pictures of flora near famous dam named Murrum Silli construed by British rulers many decades back. Instead of taking routine path I preferred to enter in new path passing through forest. This experimentation resulted in discovery of Bootigarh and visit to weekly market of Gattasilli village. I halted for tea break in Singpur village and during interactions with natives especially village hotel owner Shri Doman I got information about Bootigarh. He arranged two village boys and without any delay we entered in dense forest.

The Saint showed me two trees of [Paras Pipal](#) and informed that it is growing since time immemorial. It is wild or planted not sure but other than these two trees not single tree is growing in the region. Paras Pipal is tree of religious as well as medicinal importance. It was fruiting time and without any delay I started taking pictures of it. Very soon you will find pictures of this tree as well as other herbs and locations of this region in Ecoport. At present Ecoport is not having picture of Paras Pipal.

When I introduced myself as researcher working on medicinal plants and shared my knowledge the Saint requested me to tell about unique as well as practical uses of herbs present in surroundings. Many visitors ask him about herbal treatment but this Saint is not having expertise in it. His wish is to learn from me and use this knowledge for welfare of villagers and visitors. I accepted his request and furnished the information. Also I promised him to visit again with my [Hindi](#) book on herbs. During this short visit I observed 33 types of birds but as I am zero in this field and my camera is unable to take distant pictures I failed to get the pictures as well as details. Seeing my frustration the Saint suggested me to take services of [Kamar](#) natives in next visit for getting interesting information on birds.

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Original Research Document

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Selection of medicinally rich Koha tree is a key to harness its potential in treatment of Type II Diabetes.

Pankaj Oudhia



Abstract

Research Article detailing the importance of medicinal tree [Koha](#) in treatment of Type II Diabetes and associated troubles. This article is specially written to give glimpses of scientific report titled '[Traditional medicinal knowledge about herbs and herbal combinations used in treatment of Type II Diabetes in India with special reference to Chhattisgarh](#)'.

Traditional Healing

'There is no specific season for collection of bark. We order its collection as per demand and as [Koha](#) trees are present everywhere especially in [Chhattisgarh](#) Plains, based on our requirement we get it in desired amount within 24 hours.' This was a response of herb trader in [Raipur](#) city when I asked about Koha bark and its demand. From Chhattisgarh Koha bark is collected in bulk and sent to different parts of [India](#) and also to other countries. So which bark is more useful? Inner or outer? He replied that bark means bark. There is no specific demand by the buyers. And what about the age of trees? Trees of all age sir, he answered with surprise and anger. No one cares the quality of bark. This was his final answer. Koha bark is used for making herbal products for heart related troubles. I am aware of many drug

manufacturing companies depending on Chhattisgarh for collection of this bark. Their product list claims that they use quality herbs but I am not sure how they select the quality produce from mixture of bark. Mixture of bark? Yes, mixture of bark. Few years back I collected over 500 samples of Koha bark from different parts of India mostly from the traders and tried to examine it. I also showed it to the Traditional Healers. More than fifty percent samples were adulterated. Either collectors have collected it from wrong trees, which is not possible from my point of view, or adulteration was done somewhere in small trader to big trader chain. A trader of North India accepted this adulteration but claimed that we never adulterate bark that can take life of any user. The Healers isolated over 35 types of barks. These barks were of different tree species. In many samples I found adulteration of another Terminalia species i.e. [*Terminalia alata*](#). When I raised question about this adulteration the traders showed me recently published herb related books claiming that this species can be used as substitute to Koha. This information is missing in ancient literatures. Also Healers are not in favor of this mixture. Fortunately or unfortunately one of the writers of these books was from my field. I contacted him with this question. He said that it is not his fault. He wrote it based on interactions with the herb traders of his region. He assured me to correct it in coming edition. I am sure that traders engaged in adulteration will never buy this new edition and always keep the old edition as reference. Only two to three percent samples were pure but there were much variations in its medicinal properties.

While traveling in Chhattisgarh Plains I see thousands of Koha trees growing in [wasteland](#) and [rice](#) bunds. Most of trees are having less thick trunk but when I see the Koha trees growing in [Mahanadi river](#) belt I get surprise by height as well as thickness of trunk. Such old trees are not used for collection of bark. The Healers consider it best for its use as medicine and prefer least the trees growing in rice bunds. And herb collectors prefer trees from rice bunds for collection of bark. The senior Traditional Healers informed me that Koha present in rice bunds are becoming less preferable day by day due to use of heavy agrochemicals in rice cultivation. As you know Koha is ground water indicator. It absorbs water having pesticides and as result its medicinal potential decreases. In early days when organic farming was in practice these trees were of much use. The Healers suggested me to spot the Koha Van throughout Chhattisgarh. It means spots having rich population of these trees alone. They informed that in early days there were many spots in every village but I am seeing that these spots are becoming rare. The wood is very useful and this is the reason natives utilize trees growing in such places for different purposes. Such Koha Van is very useful for Tree Shade Therapy. The Healers suggest the patients to take medicine in such places and to pass much time under shades of these trees. I am trying to take pictures of such Koha Van in different parts of Chhattisgarh for future researchers as well as patients.

When I asked the use of Koha bark during a lecture among students and young researchers they said unanimously that it is used in heart troubles. And what about other uses? No answer. It is bitter fact that in general we associate any herb with particular disease but in fact it is not true. Although we are not aware of multiple uses of many herbs but the Healers say that every herb is having capacity to treat different diseases. Koha plant parts are used in treatment of over 50 diseases. The list will increase in coming days as every new survey reveals new information. Few days back Traditional Healers distributed Koha bark based [Kheer](#) to the thousands of patients suffering from [Asthma](#) and related troubles, free of cost during night of Sharad Poornima. You will be surprised to know that I have collected information on over 30,000 herbal formulations in which Koha plant parts are used as main ingredients. Most of these formulations are still in use in remote parts of the India and having no description in ancient literatures. It shows that what we know about this tree is far less than the original information. The world is engaged in new discoveries and inventions. I feel documentation of existing knowledge is equally important. Every days we are losing this valuable knowledge as the Healers are passing away.

Both inner and external barks separately and in combinations are used alone or in combination with other herbs in treatment of different diseases. The Healers avoid its collection during rainy season. Hot summer days are also avoided. Winter is preferred. Healthy trees are selected. Diseases trees are selected in special cases. Plants growing in surrounding of these trees play vital role in enriching it with medicinal properties. Through this Traditional [Allelopathic](#) Knowledge the Healers select the best material. So if I want to list out the ten norms for collection of bark, what are these? I asked. The Healers replied that at first inform about the disease to be treated, age and vitality of patient, other herb he is using etc.. It means for every patient collection norms differ. They gave positive reply. But said that for bulk collection one can fix some norms. But name of the disease is required before fixing these norms. It means traders must ask buyers that for what type of drug manufacturing Koha is required. Based on answer they must supply the specific bark. But who is having time to adopt this procedure? Who cares about the quality? Millions of patients in India and abroad are taking Koha based products with no relief. Many may be getting adverse effects on health due to adulteration. It is damage to their health and wastage of money. The most important thing is that it is damaging the reputation of our ancient healing systems. I am talking about reputation of original [Ayurveda](#) not the commercial Ayurveda.

Traditional Medicinal uses of Koha plant parts are important part of my [scientific report on Type II Diabetes](#). Through this report I am getting full freedom to write about all aspects from collection to utilization in detail without any barrier. I am including pictures so that after me the researchers of coming generations can understand it. I also feel that this report will force our planners to declare Koha Van as sacred place and to take necessary action to conserve it in original form. Over collection of bark is resulting in death of trees in my region. Although we have these trees in large number but trees with rich medicinal properties are less. If time and resources allow me I want to start one week 'Koha Yatra' throughout state every year to aware new generation about this specific tree and to explain how our future lies on this ordinary looking tree.

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New experiences while writing detailed scientific report on Type II Diabetes in Ecoport.

Pankaj Oudhia



Abstract

This article is an effort to share the sweet as well as bitter experiences author is getting while writing detailed scientific report on Type II Diabetes in Ecoport.

New Experiences

As you know these days I am documenting [traditional medicinal knowledge related to Type II Diabetes](#) and as important part of report I am adding hundreds of [weekly schedules in form of Interactive Tables](#) daily. While preparing these tables on the basis of field diaries and memory, my mind exhausts completely. But addition of these tables in Ecoport requires much physical work than the mental. This addition takes four to five hours daily or many times more. During this period my mind asks for some work. In order to make this Herculean task easy and to give new energy to mind, at first I tried radio. I took subscription of 24 hour radio with over 40 channels. In general I fix to country songs and oldies. But even after continuous adding of tables and listening of radio, my mind wanted some work. Many times during this time new ideas come in mind. It is rather difficult to take note book and write these ideas in frequent intervals. It breaks the rhythm. Also many times it results in mistakes in numbering of tables. After this failed attempt I started remembering the interactions and discussion with the Traditional Healers related to set of tables. This process resulted in flow of new information, may be from inner untouched portion of my brain. I decided to record the ideas coming during this time. I found that the information coming out at this time is more as compared to the information coming when I was writing theoretical part of this report. I consulted to my friends. One of them suggested installing software in computer to record my voice while adding the tables. Although at present Ecoport is not having this facility but I feel that in near future we will

able to put the recordings with each table. It is really odd for the family guests that someone is sitting on computer up to long time with radio on and also uttering some thing continuously but from my work point of view it is very important.

I have mentioned in previous research articles that I always hesitate to keep field diary or similar thing while visit to forest especially during interactions with the natives and Healers. By seeing diaries in most of the cases they interact with reservations. And when I start writing the information their uneasiness increases. Although it is tough job to keep all the information in mind but by practice it is possible. Also when you have enough time for survey and there is no time bound project then job becomes easier. But keeping all information in mind disturbs it much. We know how to store but don't know how to delete. As you know I have started Diabetes report seven months back and till today added over 43,000 tables. Days having complicated tables are always memorable as even during sleep my mind continues adding tables in Ecoport. Whole night during sleep in dream I see the work I usually do by sitting in front of computer. I am only hearing about the new technology but very soon some device will come to download the content directly from brain. At that time tables addition during sleep will be of real use.

This is not wrong to say that I have worked more exhaustively in many parts of Ecoport then its programmers and creators. Addition of hundreds of tables is tough job especially when you have to do it endlessly without any holiday. Under such tensed situation mind searches regularly for short cuts. I invited many computer operators to sit with me and watch my work and suggest short cuts. If not in Ecoport then in MS word file where I store by tables before adding it into Ecoport. They suggested few but not very useful and time saving. I keep the lights of screen in lowest position. Even then after adding 250 tables my eyes force me to stop work. That is why I fixed the target of 250 tables daily. Palming is good exercise during intervals specially after adding one set. At evening I never miss to go to health club for heavy exercise. Continuous sitting means much back pain. My instructor has warned me to move away from computer and perform little stretching in every half an hour in order to get free from back related troubles.

'Ecoport Addiction' is newly coined name of new disease. If you work continuously in such databases you will start seeing all things from special point of view. Two days back I was writing research note for [Wilderness Medical Society](#) journal. After completion I emailed it to the editor. She wrote back to me immediately that what is the meaning of these symbols like --**unknown type: [[]e]**, **unknown type: [[]x]**-- etc.. These commands are used while adding links in Ecoport. By mistake or you can say by habit I added it in research note submitted to WMSJ. I apologized and sent the corrected copy.

I am neither egoist nor egotist but I feel that I must share my experiences sweet and bitter both with readers especially to young researchers motivated by this detailed writing so that they can face these problems less. For this detailed report I have designed special diet schedules. I try to take light food.

Daily morning I take herbs that keep the mind cool and strong. These herbs also bring sound sleep in most of the days. I will add this schedule very soon in Ecoport.

Keep reading my research articles at Ecoport for updates.

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About all, I am missing during preparation of scientific report on Type II Diabetes.

Pankaj Oudhia



Abstract

Article informing about what I am missing while working on detailed report on Type II Diabetes.

About all, I am missing

During this summer I visited to the biodiversity rich [Niyamgiri Hills](#) region for preparation of [special report](#). The sponsoring organization presented this report along with other reports but it seems that they have failed to convince the judiciary to give decision in favor of native people. Now the activists as well as other organizations are calling me again to visit the area for detailed surveys and for taking beautiful pictures of biodiversity. During last visit I spotted many mushroom, orchid as well as bird species but due to time constraint failed to collect more information about it. I am eager to visit Niyamgiri again as if mining will start here, within no time we will lose every thing. I am much worried about Traditional Healers and also about the old trees and tree complexes they are caring, since time immemorial. Bauxite mining is proposed here. This mining is nothing to do with conservation of biodiversity. We are learning about reports on climate change but no one is thinking that destruction of biodiversity hot spots like Niyamgiri will contribute in real climate change up to many centuries. So I want to go back to Niyamgiri. But you know it is not possible due to [on-going report preparation on Type II Diabetes](#). It is expected that report will be over in year 2009 and can take one or two years extra. Due to on-going report I am missing many things.

After all opposition [Jatropha](#) has been planted in different parts of [India](#) including [Chhattisgarh](#). Now real face of this so-called wonder crop is coming among common people. High rate of mortality and heavy infestation of diseases and pest are exposing this crop. In other parts of world by presenting the false stories of Chhattisgarh authorities are still making big claims. It is under promotion still as insect pest free crop which is not true. Whenever I get time I visit to nearby Jatropha plantations to take pictures of insects and diseases. I add it either in Ecoport or other databases so that people around the world can see it. But for real study there is need for one week camping near different Jatropha plantations. Jatropha is becoming reservoir of pest. Jatropha farmers are regularly making phone calls to me to visit their regions to see the poor condition of this wonder crop. But due to report it is not possible.

I am missing my regular visits to forests and village markets for photography. After taking 90,000 pictures now there is big break. Traditional Healers as well as herb collectors are contacting me with new information. When I inform them that I am documenting the knowledge given by them previously they give new information and as result the size of report increases after every interaction. Cuscuta infestation on new forest trees, Grubs of [Blumea leaf beetle](#), Wood Mushroom of forest trees, Dying [Sal](#) trees of [Kanker](#), pythons of Bootigarh, Sloth bears of [Bagbahera](#), monkeys of [Keshkal valley](#) and many others are missing me and also I am missing them. This is best time to observe emerging winter season medicinal flora specially [weeds](#) in crop fields.

After my declaration that completion of this report will result in start of more detailed reports on heart diseases and cancer, many friends as well as researchers are raising objection. According to them Type II Diabetes is disease of rich natives. That is why at first I must write on [cancer](#), then on heart diseases and at last on [Diabetes](#). Now as per plan the number of cancer report will come in

year 2013. Too late. But what can I do?

Earlier I was invited for delivering lecture on medicinal plants, Jatropha, biodiversity conservation and related subjects but now different medical societies are eager to hear lecture on on-going Diabetes work. Their invitations are increasing. Few days back I got invitation from Southern part of India. They suggested me to travel by train. I refused as it is over 36 hour's journey one side. It is very odd to sit idle up to long time. You can continue work in laptop-they suggested. But it is very difficult to carry all field diaries and other materials with laptop and work in train. I asked for air travel. They denied with new explanation. Due to environment concerns we are unable to allow you for air travel. I refused. Later they informed that two foreign speakers are also coming specially to hear me. Whether they are coming by boat due to environment concerns?-I asked. Without any delay they approved my travel by air.

Due to Diabetes report list of my pending works in Ecoport is increasing. Hundreds are pictures are waiting for caption. Hundreds of pictures are in process of addition. Thousands of research articles are waiting for update. The speed of [Hindi](#) article writing has also slowed down. If I appoint two or three operators then I have to purchase three or four computers. Also I am not sure whether these operators will add the data sincerely or not. If I have to check each and every table then it is better to do it by myself.

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Is Stevia a part of detailed scientific report on Type II Diabetes?

Pankaj Oudhia



Abstract

This article is specially written to give glimpses of scientific report titled [‘Traditional medicinal knowledge about herbs and herbal combinations used in treatment of Type II Diabetes in India with special reference to Chhattisgarh’](#).

Traditional Healing

[Stevia](#) is becoming popular crop in [India](#) especially among the herb growers. But like all new crops there are many constraints in its marketing. Although Stevia is used in many countries around the world but still in many countries it is seen with suspicion due to medical reports. Stevia growers want to popularize this crop and its product so that they can get regular market for crop produce. I have mentioned in previous research articles that in Northern and Westerns India many firms have tired Stevia based products for Diabetics. Also Stevia is added in food products. When news regarding [detailed scientific report on Type II diabetes](#) appeared in [different newspapers](#) many Stevia growers contacted me with questions. Is Stevia part of this detailed report? There must be one separate chapter for this new crop. We can arrange your meeting with Diabetic patients and they will inform you that how Stevia benefited them etc...

As clear from the title of the report that it is traditional medicinal knowledge about herbs and herbal combinations used in treatment of [Type II Diabetes](#). Stevia is not a traditional herb of [Chhattisgarh](#), even India. The information regarding other herbs is exhausting and for me it is not possible to add all available as well as collected information about it. This report is having information on over 3000 species of herbs and thousands of formulations. I have mentioned in previous research articles that in Chhattisgarh we are having many Stevia type herbs as far as sweetness is concerned. The Traditional Healers are using these herbs to make the bitter decoction sweet. Many of these herbs are used as

medicine also. Like [Mithi Patti](#) and [Gunja](#). It is true that these herbs are not equal to Stevia but they are many times sweeter than sugar. Many types of wild tubers are also used due to its sweetness as sugar substitute. Many of these sweet herbs are used in treatment of Diabetes both alone and in combination with other herbs. I am writing in details about these herbs in the scientific report.

When I started knowing Stevia, for trial without any delay I presented some samples to the Traditional Healers eager to do new experiments. To some I informed it as general medicine whereas to some I informed about its use in treatment of [Diabetes](#). Both types of Healers tried it and they are still trying it. They preferred its use in form of combinations and added it in popular herbal combinations used to treat Diabetes. Their responses are different as each Healer used it in different way. Many found it useful to improve the performance of other ingredients in combinations. Many found it as herb having no effect. Whereas there are Healers saying to wait up to five to eight years for more confirmation. Availability of Stevia is a problem for them. As you know they collect the herbs growing in surroundings and most of the time herbs are enriched with medicinal properties with the help of [Traditional Allelopathic Knowledge](#). Senior Healers of Chhattisgarh plains complained that every time I give leaves of different potential. It is surprising as I always collect it from specific farm. It shows the variations exist within the farm in term of medicinal properties. As mentioned above Healers are not using Stevia as single herb in treatment of diseases. This is not good news for us but what we can do. I am also in dilemma whether to promote this type of trials or not. Many Healers are getting Stevia leaves from other farms and keeping information about their trials secret. The Healers giving consent to add their results in report are in large number. I feel that after compiling information on indigenous herbs I will try to write special chapter on use of exotic herbs. I have used herbs not herb as these Healers are trying many exotic herbs from [Lantana](#) to [Parthenium](#).

Aware of harmful potential of foreign [weeds](#) first time I hesitated to write about its use in treatment of Type II Diabetes by the Healers of new generation but when they showed me the process of addition and the Ethnobotanist inside me tried to aware me that my job is write any information in original form without any modification, I decided to write about it. Like Stevia most of the exotic weeds are used in form of combinations. Many are used externally specially in form of Bare Foot Crushing.

It means information about Stevia will be the part of this detailed report. I am confident that the researchers coming after me will add the new findings of these Healers on Stevia.

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It's not so easy to suggest Herb based recommendations.

Pankaj Oudhia



Abstract

The vast knowledge about herbs and its use in treatment of human diseases suggests the experts to recommend it after all care. This article has discussed it with the example of Harra Leachate.

Traditional Healing

Few weeks back a senior officer of Indian railways Shri Gyandutt Pandey invited me to write about simple treatments of common diseases from vast knowledge in his [famous Hindi blog](#). I accepted his proposal as I am regular visitor of his blog and much impressed by his writings on different subjects. I usually give my comments and many times suggest name of herbs and its uses. As result many other visitors started sending their health related questions. After invitation by Shri Pandey I decided to give answers of these questions in his blog as guest writer once in a week. For first week I selected use of [Harra](#) fruit leachate as solution having enough potential to treat many common diseases and in general it helps in developing natural body resistance. Good body resistance means less attack of diseases. I wanted to write about it in ten to twelve lines. But when I started collecting and remembering information about it became a big article of over 300 plus pages. It was really difficult to summarize this article as medical recommendation in ten to twelve lines. Finally after initial introduction I wrote that dip fruit in a bowlful of water at night and next morning take the leachate internally empty stomach. Although its use is suggested throughout life but common person can take it during any three months in a year. [He](#)

[appreciated it and said that the readers will like it](#). It is very useful but I know that in order to get real effects there are so many ifs and buts.

I have mentioned in [previous research articles](#) that ancient Indian literatures related to different systems of medicine classify Harra in different categories based on size and shape of fruits. The Traditional Healers further divide it on the basis of type of trees, habitat preferred, flora present in surroundings etc. Also fruits are divided on the basis of medicinal properties. When you go to local herb shops for purchase of Harra fruits you will find different varieties as mixture. In general they divide it in two types on the basis of size of fruits i.e. big and small. According to the Traditional Healers the medicinal properties of Harra fruits depend on many factors viz. selection of trees, stage of harvest, maturity, size, shape etc. When I showed the Harra fruits collected from local herb shop in [Raipur](#) to the Healers of [Chhattisgarh](#) Plains they divided one kilo sample in over 20 parts based on different characteristics of fruits and informed that most of the patients living in urban areas use this mixture and as result fail to get the desirable effects. Finally they blame the herbs and Traditional healers. The Healers having expertise in use of Harra in general suggest the patients to go to Harra tree, utter mantras and after worship collect the fallen fruits. Trees are not disturbed for immature fruits. But when herb collectors collect it for market they don't adopt this specific practice. They collect both immature and mature fruits and give it to the village shop owner in exchange of things of daily needs. From village to big village, big village to small town and small town to big cities Harra collected from different locations comes to herb shops. As result every sample remains different from others collected from same lot. The Harra leachate users experience it when they see different colors of leachate every day. Many times color is yellowish green and many times dark brown. I have taken pictures of over 13 different shades of Harra leachate.

I have also mentioned in Ecoport articles that based on the diseases and vitality of patients the Healers suggest different types of Harra in different doses. Harra trees are treated with different herbal solutions in order to enrich its plant parts specially fruits with medicinal properties. Modern world know this knowledge as Traditional Allelopathic Knowledge. The Healers of different regions use different types of herbal solutions. For instance the Healers of Raipur region use grains of medicinal [rice](#) types and [Haldi](#) in form of aqueous solution and irrigate trees with it. The Healers of [Keshkal valley](#) prepare herbal solution from over 26 herbs. The Healers of [Bagbahera](#) region use Harra roots with other herbs to treat Harra trees. I have documented a part of this vast knowledge. Modern science has to learn much from these Traditional Healers. Besides using different solutions the time of its application plays crucial role in its effectiveness.

The use of Harra leachate is well known among the Healers but they have differences in opinion regarding use of medium. Many consider well water good for preparation of leachate. Old well having [Doomar](#) tree in periphery is considered best. According to them Doomar tree purifies water and enriches it with medicinal properties. Many Healers consider [Koha](#) and [Nirmali](#) trees more important. The Healers of hilly regions prefer spring water. Use of river water is also considered useful. As mentioned in previous articles in Chhattisgarh the Healers consider water of different rivers different in therapeutic values. It depends on type of forest through which river originates and starts its journey towards plains.

It is not possible to write about all details in any blog especially when you have to suggest one line herbal recommendation. If you are not aware of this vast knowledge only then you can dare to feel comfortable after giving such recommendations. I was feeling uneasy after writing said guest article. That is why I decided to explain it through this article.

Although it is vast knowledge but it is also bitter fact that modern people have no time to read and understand it. If you have to popularize traditional knowledge we must go for simple recommendations. It is not possible for the urban natives to go to trees for collection of the best fruits. They have to depend on the local herb shops. Also giving more knowledge to them may result in loss of interest. That is why I always ask the Healers about their recommendations for the patients not able to adopt standard practices. The Healers suggest the ways. Although in such cases herbs are not much effective but remain effective. It is enough I feel to keep the urban natives in touch with traditional healing.

Many over cautious urban natives raise many questions. They want every detail. For them the vast knowledge is useful. After reading it they still ask questions. Last week a gentleman asked whether the use of Safed Musli mentioned in your article is published in reputed medical journal. I replied no. He asked to his Allopath about it. His doctor was also not aware of it. I suggested him to wait till publication of this use in said journal with hope that any researcher will do so it in coming years. His other family members started taking the herb but still he does not believe in it. I tried to convince that information on all aspects is still not in our modern literatures. As researchers are documenting traditional knowledge new information is coming in front of modern science. But I failed to convince him.

While writing this article my radio is playing famous song 'It's so easy to fall in Love'. After writing all about vast knowledge I want to add that 'It's so easy to fall in Love but it's not so easy to give herbal recommendations.'

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Research on integrated use of drugs belonging to different systems of medicine: A need of hour.

Pankaj Oudhia



Abstract

Natives around the world are using different systems of medicines at a time without any scientific base. This attitude is resulting in many types of health problems. Unfortunately modern researchers are not taking keen interest in integration of medicines after systematic scientific trials. Present article is an effort to discuss on this important topic.

Discussion on Integration of drugs.

Few years back when my article on medicinal uses of [Munga](#) appeared in local news papers many natives approached to me with surprising question. They said that their modern parishioners have suggested to stop using Munga in any form as it nullifies the effects of anti-biotic drugs. Munga is local name of Drumstick Tree. It is well known tree in [Chhattisgarh](#) and in rural regions you will find at least one tree in [Badi](#). Curry prepared from its leaves and pods is very popular. Since generation natives are aware of its therapeutic values. Its all parts are used as home remedy. Also these parts are added in herbal combinations and used in traditional healing. Munga is not a new plant for entire world. Even modern literatures support the claims regarding its miraculous properties. On the basis of question raised by some medical practitioners I searched the literatures but failed to get any information on this aspect. I consulted my friends of same profession. They told that during an International conference some speakers informed about it in informal discussion. I raised the question among the friends about the scientific studies. They said it may be the experience of the speakers. I asked which group of anti-biotic affected by Munga? They were having no answer. This incidence motivated me to devote extra time to search the world literatures suggesting use of medicines of different systems specially modern and ancient in combination. I am saying about

compatibility trials.

In countries like [India](#) where ancient systems of healing are still having deep roots, natives use thousands of home remedies even when they take modern medicines. How these home remedies react with modern medicines? There is no such study in modern literatures. The experts of different systems give different opinions. In general Homeopaths strictly warn patients to take only Homoeopathic drugs and nothing else. Allopath and experts of other modern systems give freedom to patients to take any other drugs with medicines. Ayurveda experts many times give liberty to use Allopathic medicines especially in case of urgency. It looks simple but it is very complicated especially when you try to search the scientific base of this perception. There is no scientific base. Let's take example of [Chyavanprash](#). This [Ayurveda](#) preparation is very popular among the natives. And many drug companies prepare and sell it with attractive advertisements. It is much consumed in urban areas where natives use it with Allopathic medicines. Modern practitioners permit its use and many times recommend it even knowing the fact that different brands of Chyavanprash are having different ingredients. Also variations within Chyavanprash exists due to different sources of herbs. Many of them say informally that natural phytochemicals (of Chyavanprash) don't affect synthetic strong chemicals of modern medicines. Any scientific evidence or study? No. But there are many experts in all fields who have strong objections in using medicines of different systems at a time. They clearly suggest for immediate scientific trials. Interactions among different medicines may not be always antagonistic in effect. There are possibilities of synergistic effects also. If it is true then these trials will lead to promotion of integrated system of treatment by using best medicines of different systems at a time. This will help the patients to fight with incurable diseases like [cancer](#) and [AIDS](#).

I would like to mention the exhaustive works of Agricultural scientists in this regard. If you see the books on plant protection you will find the compatibility chart for use of different insecticides, fungicides and weedicides at a time in form of mixtures. Now researchers are developing new chemicals with high commutability with others for the ease of farmers.

For scientific trials on integration of different medicines, multidisciplinary approach is required. We are having millions of drugs in different systems. At first we can select drugs having potential to treat complicated diseases. As you know these days I am preparing [detailed scientific report on traditional medicinal knowledge related to Type II Diabetes](#). While preparing weekly and monthly schedules based on herbs and herbal combinations many times from experiences I think to add Homoeopathic drugs and different types of Yog Asana in it in order to increase its efficacy. I have decided to prepare such schedules at the end of report so that researchers interested on this aspect can do clinical trials using it directly. I feel that senior experts of all fields must sit together informally once in a month for normal chit-chat on different diseases and medicines. This will generate much information and this information will help in deciding the direction of scientific trials.

At last but not least, I want to quote the suspicion and warning of Traditional knowledge experts that existing attitude to use different medicines in mixtures especially through self medication, is one of the important factors responsible for illness of large number of natives around the world. We know they are right.

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Its time to gain from Rice not to blame it.

Pankaj Oudhia



Abstract

When entire world is getting benefit from rice and rice based products, in rice growing countries natives are wrongly informed about its harms. Present article is an effort to inform about this bad intention and to suggest conservation and promotion of rice especially traditional medicinal rice.

Medicinal Rice and Chhattisgarh

As awareness regarding harms of obesity is increasing in urban areas of [Indian](#) state [Chhattisgarh](#) health clubs are mushrooming in every corner. They take nominal fees initially for work out but their main interest remains on selling energy drinks and health foods. Most of the health clubs are full in the big cities. For discussion on herbs or any specific information the owners invite me time to time. Few days back I visited to one such Health club for consultation. They showed me special product and informed about its qualities. Before informing about this product I want to make clear that in general the instructors of health clubs warn the members especially to members with obesity to stop use of [rice](#) and [potato](#) immediately. As you know Rice is staple food of Chhattisgarh and this state is known as rice bowl of India. Majority of natives consume rice twice or thrice a day. You will rarely find fatty natives in rural areas as they invest much time in hard work. The natives in urban region keep control over rice and prefer [wheat](#) based Chapati. Since last decade modern practitioners have started undeclared war against use of rice in Chhattisgarh. If we believe on them then rice is root cause of all health related troubles in natives. One research conducted by them claims that use of [Basi](#) is responsible for peptic ulcer. Patients having [Diabetes](#) are strictly instructed to avoid rice in any form. Many eye experts blame consumption of rice for increasing cases of cataract. Although their claims are less supported by scientific literatures but they regularly try to convince patients to stop use of rice. Natives are blamed as lazy due to rice. It is not true. Natives are very hard working and for it they are known around the world.

So let's come back to the product. I read the label and found that it contains mainly Gamma oryzanol. Gamma oryzanol is extracted from rice bran oil. For test I asked about it to the owners. They showed ignorance toward origin of gamma oryzanol but in one breathe told about its reported beneficial qualities on health. They added that throughout India modern practitioners are suggesting use of this product. I asked about their comments on use of rice bran oil as cooking oil. They replied that don't use it, for your health [Sunflower](#) or [Safflower](#) oils are only beneficial. Finally I disclosed them about the truth of Gamma oryzanol. By sitting in rice bowl they are suggesting to purchase imported product, possibly from [USA](#), having rice bran oil extract. This is bad luck for the natives that they are paying for the product prepared from crop they grow.

In every scientific conference on food crops many eminent speakers never miss the chance to deliver lecture on value addition but they never implement it in the field. I have mentioned in previous research articles that in rice bowl of India i.e. Chhattisgarh farmers are taking good crop but not getting good returns. Due to over-production many times authorities face the problem of its storage. But no one is ready to think in the direction of value addition. On this aspect I have seen hundreds of

research papers but all are of academic interest. Few firms are making rice bran oil but it is not getting popularity among the natives. Why not there is plan to prepare Gamma oryzanol based products in the state if there is huge demand even in the state. This will help the farmers indirectly to get good price of crop.

Although modern experts instruct the Diabetic patients to stop using rice in any form but the Traditional Healers are not convinced with them. They suggest judicious use of rice. Chhattisgarh is known around the world of its medicinal rice. I have [written a lot on different aspects as well as medicinal properties of medicine rice](#). If I am not wrong I am one of the leading writers who have contributed in the field of medicinal rice. Still much is present in form of raw documents. Since time immemorial Healers are using these medicinal varieties in treatment of different diseases. They have rich traditional medicinal knowledge about use of medicinal rice in treatment of [Type II Diabetes](#). In [detailed scientific report on Type II Diabetes](#) you will find information on this aspect quite commonly. But it is matter of pain that most of the medicinal rice suggested by Healers are in verge of extinction. Germplasm records are not having any information on this aspect. Few seeds are still with the Healers but I am not sure up to how much time it will remain safe with them. Beside protecting and conserving traditional knowledge there is need to do same treatment with the rare medicinal rice. In my report I have documented use of not only medicinal rice grains but also its different plant parts both internally as well as externally. I am fortunate that I have seen its practical uses many times. Although neglected but medicinal rice is big asset for Chhattisgarh. When there is no record of medicinal rice it is hard to expect that some one has done research to analyze its phytochemicals like Gamma oryzanol. The young researchers reading this article are humbly requested to come forward to meet the Healers and conserve traditional medicinal rice.

The reference literatures and recent research clearly suggest that modern man has yet not searched the full potential of rice. As new studies will come the demand of rice based health products will increase. In rice states like Chhattisgarh there is immediate need to stop the intentional propaganda against consumption of rice. Also steps are necessary to promote rice based nutraceutical industries without any delay. Who knows that one day astronauts will put their first step in mars with medicinal rice based health products grown by Chhattisgarh farmers and prepared by natives in small cottage industries.

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Hurdles and Problems coming while preparation of detailed scientific report on Type II Diabetes. Part- I.

Pankaj Oudhia



Abstract

It's hard to work without any assurance of returns. While preparing detailed scientific report on Type II Diabetes unfortunately I am facing this harsh reality. This article says something on this aspect.

Hurdles and Problems

“It's really hard to wait up to year 2009 to see this detailed report. Why don't you complete it in sections so that initial section may be opened for readers even in year 2007?” Few days back some regular readers of my articles suggested this for [detailed scientific report on Type II Diabetes](#) that is under preparation. They are right from their point of view but I know that in this report different parts are interrelated to great extent. That is why it is very difficult to complete it in sections. As the information regarding this report is reaching to different people around the world I am getting mails with new questions daily. The main question is related to access of the report. At present it is under password access. Thousands of schedules are visible but in these schedules different codes have been used. For readers it is next to

impossible to decode it. Most of the people want to know this.

In beginning of June 2007 when I completed 3000 schedules Ecoport supervisor suggested me to create special glossary section like Chhattisgarh/English for this detailed report. I replied to him that the report will be over up to October and after it I will open it for all readers so that they can understand the codes. But as mentioned in previous research articles earlier it was looking hard to prepare even 600 schedules. When I overcame initial hurdles in few months I decided to add all schedules i.e. over 200,000 schedules. Due to this decision I have to extend the date to provide open access to every one up to first quarter of year 2009. Now it seems that even more time is required for it.

There was announcement by WHO to celebrate November 14 the World Diabetes Day as important day. I started writing report in May 2007. My plan was to reach up to 30,000 schedules till end of October so that the world can be informed about this report on this special day. Earlier Ecoport results were in search engines like Google. I was confident that when I will reach up to 10,000 schedules through these search engines the world community will get information about this work. But due to some technical error Ecoport results not appeared in search engines. As result even after adding over 45,000 schedules world community is not aware about it today. As I was writing this report without any sponsorship and due to regular writing my other money generating works stopped I thought up to October I will get potential sponsors for my work at Ecoport but all plans collapsed. There were bitter interactions with Ecoport team but finally I decided to give up. Through different blog writings and news papers now information is spreading slowly among common people. A researcher and member of prestigious award giving committee from Europe wrote to me last week that if we were aware of your report you will be nominated for this prestigious award this year. You are talking about 45,000 schedules; I have not seen any report on [Type II Diabetes](#) with even 1000 such schedules. As Ecoport has extended all supports since beginning I have no complaint. It is Indian saying that everything happens for good. Let's hope that this failure in planning may have silvering lining. Some journalist friends say that as you are writing regularly on environmental issues like [Jatropha](#) and biodiversity, may be in pressure Ecoport is not allowing your contributions to reach to policy makers and common people through search engines. I feel that it is wrong as Ecoport has withdrawn all pages not only my pages. God knows the fact. But still their support can compensate this huge loss. The information about this work can reach to genuine sponsors as well as experts eager to carry over this work to next step i.e. validation.

Large numbers of people want early release of this report. They belong to different groups. Diabetic patients want to take advantage of this knowledge as for them every day is precious especially for the patients at advanced stage. I want to convince them that I am not in favor of self medication. Access to this article will promote self medication. Every user will see it from his or her angle and wrong interpretation may cause harm to them. Also there is standard procedure recommended by National Biodiversity Authority of [India](#). After completion of this report the modern health experts will conduct clinical trials by taking consent of Traditional Healers. Seeing the quantum of knowledge it will take at least 15-20 years. After it as medical recommendation it will reach to common people. My role is up to documentation. Due to this procedure I am unable to allow common people to access and use this information. One can argue that as Healers are using it since time immemorial on human beings successfully then why not by examine their patients this knowledge is given approval? It will take very less time. But no one is ready to adopt this approach. Diabetic patients respond very sharply to these comments but nothing can be done.

‘So how much you have earned after writing this report?’ My father asked in hard words last month when

I showed few thousands print outs to him. Nothing-I said. 'Then what is meaning of wasting golden part of life for such work? Age between 36 and 45 is golden in everyone's life in terms of earning. You are loosing this valuable time by sitting in computer'. I have no explanation. My mother tried to convince him that when some one will come to purchase this report then he will get much from it. I explained that this is people's knowledge I can not sell it. Obviously from that day my father got one more supporter. If I am not going to sell this knowledge then it is of no use for commercial firms. Many firms approached me for sponsorship. They also showed interest in sponsoring in Ecoport. But for what? Simply to get access to the report and make advantage of it. They suggested openly that don't add important information in report. Keep it for the firms. If I accept it then future is very bright for me. But if I reject it I will loose support of even my parents. It is bitter lesson of life if you want to follow the path of ethics after knowing its bad effects. In general government and other funding agencies suggest formation of organization in order to get fund. Individual researchers are not preferred. We know the level of corruption in funding agencies. This forces me to remain away from forming any organization.

The young researchers working on Type II Diabetes are also keen to see this report. They want to conduct new trials based on it. I have received over 500 emails from scholars eager to work on this report. Their enthusiasm motivates me to complete it as soon as possible. I will keep sharing information about the hurdles coming while preparing report so that young researchers having interest to do same nature of work must get prepared specially mentally before taking this responsibility.

Keep reading my research articles at Ecoport for updates.

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That's how Climate Change is affecting Traditional Healing. 1. Interactions with Traditional Healers having expertise in use of medicinal mite Trombidium in Indian state Chhattisgarh.

Pankaj Oudhia



Abstract

The purpose of series titled ‘That’s how Climate Change is affecting Traditional Healing ‘is to present the information collected through interactions with traditional knowledge experts with evidences shared and claimed by them.

Traditional Healing

“Our seniors have told us that best time for collection of Rani Keeda for preparation of different medicine is around June 20th but since childhood we are seeing that date of collection is shifting towards end of June and many times we have to wait up to first week of July. Many years due to less rainfall these mites not appear on ground and as result we use less effective herbal alternatives. The irregular pattern of rainfall is due to Climate change. It is changing since the time of ancestors but from past few decades it has changed very much.” Few years back I was interacting with the Traditional Healers having expertise in use of medicinal mite [Trombidium](#). Earlier [I was thinking](#) that over collection of this mite for national and international markets is responsible for decreasing population. It is still a big factor but decrease in population is common in areas far from approach of herb traders. The Healers of [Bagbahera](#) region informed that medicinal mite collected at ideal time possess rich medicinal properties whereas during years of irregular rainfall they get Trombidium with inferior quality. Their forefathers have informed them as generation by generation knowledge that this mite is having miraculous healing properties but the Healers of present generation are not getting desired effects when they use it as medicine. ‘As every thing around us are changing then how this mite will remain unaffected’- the Healer of Bihajhar village informed. I have mentioned in previous research articles that this Healer is known in the region for his expertise in use of medicinal insects especially medicinal insect Bhavari in treatment of [Epilepsy](#). Earlier I was hesitating to write these observations but know when every one is talking and worrying about Climate change I decided to present all information collected on this aspect through this series.

The Healers of [Chhattisgarh](#) Plains are now avoiding use of this mite. They are adding herbs with similar or inferior qualities in the combinations. The senior healers of [Kanker](#) region informed that when there is urgent need to prepare Trombidium based combinations then they depend of herb vendors. As herb vendors travel large areas from one state to another state they collect Trombidium from area having rainfall in ideal time. Such vendors are less and they ask for higher prices for it. Such situations are embarrassing for the Healers as most of the Healers don't charge fees from patients even the cost of medicine.

When I interacted with small herb traders they confirmed negative impact of climate change on their herb business but failed to give any information regarding its effect on Trombidium. As these traders purchase it in bulk for nearby big markets in general they don't care about its medicinal properties like the Healers. The traders informed that irregular rainfall every year changes its collection time. In general during this time of year most of the herb collectors are engaged in crop cultivation and as their force is decreasing year by year, it is becoming tough to meet the demand of this mite by the traders. [Its demand is increasing](#) day by day as new research findings are coming.

The Healers of [Durg](#) region consider the increase summer heat during summer as factor responsible for decreasing emergence as well as medicinal properties of this mite. During summer these mites remain inside the soil. The increased soil temperature results in death of this creature-the healers claim. But I am not much sure about it as I am working on its different aspects since year 1994. Every year I collect thousands of mites in rainy season and then keep it in different types of containers. These containers are filled with soil and small plants of [Doobi](#). Most of the months it remains inside the soil without any activity. In captivity few mites remain active up to long time as compared to population in nature. Many times some containers are left unattended. Without moistened soil and grasses these mites survive without any problem. I have also kept it with [Blumea leaf beetle](#) and [Zygogramma bicolorata](#) but both grub and adults don't disturb this mite. I am really fan of their sound rest. I feel that for real confirmation of Healers claim there is need for more detailed studies in field conditions. There is no doubt in it that both summer and rainy seasons are changing day by day. As Ethnobotanist it is my responsibility to mention the Healers comments and observations in its original form.

After completing my [report on Type II Diabetes](#) and before starting second report I am planning to conduct one month special survey focused on impact of climate change on Trombidium both directly and indirectly.

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Germinated Methi seeds and combinations based on it play key role in treatment of Type II Diabetes.

Pankaj Oudhia

Abstract

Methi seeds and plant parts are used in different ways in treatment of Type II Diabetes in Traditional Healing. The present article is giving information on use of Germinated Methi Seeds and combinations based on it.

Germinated Methi seeds and Type II Diabetes

During my college studies I got opportunity to pass long time with the Traditional Healers of [Bastar](#) region. These healers were popular among rural as well as urban patients. There were many patients coming from Indian metros and even from other countries. Many of these Healers were known in the region for their expertise in treatment of [Diabetes](#) specially [Type II Diabetes](#). I noted that they frequently suggested the use of germinated [Methi](#) seeds (GM) as medicine along with other medicines. For all patients this recommendation was not common. GM with [chana](#), GM with [wheat](#), GM with [moth](#), GM with [masoor](#), GM with [urd](#), GM with [moong](#), GM with [Khatta collected from standing chana crop](#), GM with different herbal leachate mainly leachate of [Beeja](#), [Bambri](#), [Jhau](#), [Sirsa](#), [Koha](#), [Bar](#), [Pipal](#), [Doomar](#), [Pakar](#), [Kya](#) etc.. Many times I was getting fade up while documenting these varieties of combinations. At that time I was new in this field and heard about use of Methi seeds not about germinated seeds. Like variety of combinations they were suggesting its use in different times of day i.e. at morning before breakfast, noon just after lunch, evening after coming from long walk etc. I asked the Healers about these variations but at that time they ignored my question. I noted it in my field diaries. Later when I started survey in [Ambikapur](#) region and started taking interest in herbs used in treatment of Diabetes I found that the Healers of this region are also aware of GM. These Healers were cooperative and eager to share information. They helped in preparation of long list of different diseases common with Diabetes and key to select best GM based combination for treatment. They claimed that in many cases any stage of Diabetes can be treated with these GM based combinations. The Healers of Ajirma region told that every combination is useful and having specific importance. Combinations like GM with wheat looks very simple as compared to GM with Kya wood leachate but both are equally capable of treating patients having different types of same trouble. As you know these days I am preparing detailed [scientific report on traditional medicinal knowledge related to Type II Diabetes](#). I have lot of information on different aspects of Methi. At present I am writing about different [Traditional Methi Laddu based weekly schedules](#). In first phase of report I am adding nearly 10,000 weekly schedules based on use of these [Laddu](#). After it I will write about over 12,000 weekly schedules based on GM and

combinations based on it. Since many weeks I am remembering the information collected and searching my field diaries. The in depth knowledge motivated me to write this article and present this little known aspect of GM.

The reference literatures related to different systems of medicine in [India](#) mention therapeutic values of GM but not much has been written specially about its use with different herbal leachate. As mentioned earlier the Healers of [Chhattisgarh](#) are having rich knowledge on this aspect. During visit to [Jabalpur](#) region of [Madhya Pradesh](#) and [Niyamgiri hills](#) region of [Orissa](#) I noted that the Healers of these regions are also aware of it. Many Healers informed about new combinations. I am sure that if researchers will conduct survey in all parts of India we can generate lot of literatures on this aspect.

In general Methi seeds are dipped in water for 24 hours and after it water is drained and seeds are kept inside moistened cloth. After 24 hours germinated seeds are consumed empty stomach. It is not wrong to say that this method is popular among common natives. Modern Diabetic patients having faith in traditional healing try it while using modern drugs. Due to its bitter taste many times patients hesitate to consume it. The Healers suggest them to consume it with [Lemon](#) juice, salt and little amount of spices. When it is consumed with germinated beans its bitter taste subsides. Many [Ayurveda](#) experts suggest to use Methi seed leachate collected after first 24 hours of dipping. They claim that its internal use as health drink protects from different diseases and also helps in cure. Most of the Traditional Healers are aware of this use but they are not in support. Many of them said that it must be used under supervision of Healers. It means its use is not so simple. When I read the schedules suggested by Healers I found that they change GM based combinations very frequently. Use of only GM up to long time is not considered much beneficial. As I have mentioned in previous research articles that the Healers prefer organically grown Methi enriched with herbal solutions. In urban areas natives have no choice except to use chemically grown Methi. Many times when they get odd smell of chemicals in leachate of first 24 hours they stop taking it. They wash seeds many times but fail to get rid from this smell. For such natives my suggestion is to drain out this leachate.

Like different combinations selection of dose also plays vital role. Unfortunately modern literatures give less information on this aspect. The Healers of Chhattisgarh Plains warned that Methi must not be used while using specific herbs in any form. I heard about it for the first time. I have added these special precautions in detailed report.

As [Groundnut](#) is not native to India ancient literatures give little information about its medicinal uses. Also Traditional Healers use it less commonly. But during surveys I noted that few Healers of [Durg](#) region are in favor of use of germinated Groundnut. They also suggest its use with GM.

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New observations related to Jatropha failure in India.

Pankaj Oudhia



Abstract

Jatropha is performing badly not only in Central India but also in other parts of India. The article is an effort to present recent observations on this aspect.

New Observations

During recent field visits to different [Jatropha](#) plantations of Central [India](#) I noted that production is very low. Many factors are responsible for low production. In most of the plantations it was raised without any care. In places where rainfall is good especially during flowering, due to poor seed setting production is low. This is the reason researchers have warned the planners to take special precaution while selecting suitable spots for Jatropha plantation. They suggested that fertile zones also known as food zones must be kept free from this exotic plant. Its plantation either in field by replacing food crops or in bunds and [wasteland](#) by creating problem of survival for native species used as medicine and fodder, can lead to big disaster. But planners ignored it and planted Jatropha in zones not suitable for it. Non-availability of good varieties is also an important factor. Few days back I was invited for sharing my views on poisonous Jatropha in National Biofuel Consultation organized by Deccan Development Society, [Hyderabad](#) and GRAIN, UK. During other presentations an eminent Agricultural scientist from [CRIDA](#) informed that as Jatropha is exotic plant and after introduction remained in specific pockets it is hard to get variations within it. Variations help the breeders to develop new varieties. According to him this is one of the reasons that even after long time researchers are not having improved Jatropha varieties. When Jatropha hype reached to the planting material suppliers they sold inferior material at high cost to the authorities and as result poor quality Jatropha is present every where in name of biodiesel plantations. These plantations benefited few but are becoming curse for generations. It is not wrong to say that it is not less than big scam. The scientists from CRIDA clearly said on the question of suitability of Jatropha as biodiesel crop that give researchers ten years. They will check it through different scientific trials and after this duration able to suggest whether it is suitable for India or not? But no one is having patience to wait for these trials. Planners made hype and planting material suppliers spread rumors about it. As result now this so-called wonder crop is becoming blunder crop.

I am continuously writing articles about increasing pest infestation in Jatropha in Central India especially in [Chhattisgarh](#). But still news clippings around the world are claiming that Jatropha is a crop free from pest. During visit to Hyderabad I got opportunity to visit private Jatropha plantations. During visit it was surprising to smell heavy amount of pesticides in plantation. The caretakers informed that there is instruction to apply pesticides twice a week. Most of the pesticides were very strong in action. They informed that the plantations owners are interested in supply of planting material. Plantations must be good looking so that farmers and other government buyers can get impression that it is fast growing plant. Obviously application of pesticides is increasing cost of production. If you calculate the real cost of this only input you will find that alone this input can make this crop as non-profitable crop. I decided to visit the plantations at dusk in order to collect insects. The caretakers warned that no one is allowed in plantation for this activity. I decided to

perform this insect collection process in nearby wasteland outside the plantation. But as many other crops were there the possibility of error was there. I took pictures and decided to visit again in coming days. You will find these pictures very soon at Ecoport.

Although planners are making big claims but now it is established fact that Jatropha is not a crop free from pest. It is sensitive to pest and in order to get good production pest management is required. As mentioned earlier as the researchers has yet not done research on this aspect the Jatropha growers have no way except to use the agrochemicals used in traditional crops. Now through this fact bad face of large scale Jatropha plantation is again coming in front of us. In India alone there is plan to plant Jatropha in over 84 thousand hectares. Application of pesticides in this large area means unrecoverable damage to environment. It will pollute the ground water. The disaster has been started.

I also got opportunity to visit Jatropha plantations of [Maharashtra](#) especially near [Pune](#) city. Here many farmers have planted it in order to get maximum benefit without any investment, as promised by Jatropha suppliers. But later they found that it is white elephant i.e. require much care. In one day visit I collected over 10 species of insects from plantations. Four species were well known polyphagous insects which feed on major agricultural crops. As crops were not in field these insects were flourishing in Jatropha plantations.

In National Consultation participants from different corners of India raised their voice against promotion of this obnoxious weed. As its promotion is in progress throughout India I feel that I must travel to different corners in order to study harmful effects it is causing on biodiversity especially on native flora. These studies will help the activists concerned with this problem to present their views with strong evidences.

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Extremely Complex Traditional Formulations are important in treatment of Type II Diabetes and associated troubles.

Pankaj Oudhia



Abstract

Traditional Formulations having hundreds of ingredients are still in use in Indian state Chhattisgarh. Although modern science is not much interested in it but Traditional healers are aware of its usefulness for present and coming generations. The present article is an effort to initiate discussion on this aspect and to share author's experiences.

Extremely Complex Formulations and Type II Diabetes

When I was documenting traditional medicinal knowledge about herbs and insects in [Bagbahera](#) region of [Indian](#) state [Chhattisgarh](#) the Healers of Bihajhar village invited me to learn their way of healing. These Healers were treating many diseases. Few of them aware of unique formulations useful in treatment of [Type II Diabetes](#). I was eager to note down the ingredients of these formulations but always they were saying that one entire week is required to understand the preparation process of one formulation. Initially I thought it as joke but later when they repeated it several times I decided to stay in town for one week and learn the preparation method. Finally on specific day we met and I started writing about formulation. Initially it crossed the number of 20

ingredients in three hours as Healers were informing about every detail of each ingredient. Till night we reached to 50 ingredients. It was complex formulation. I reached to them early morning next day. Second day they completed information about another 60 ingredients. 110 ingredients in one formulation? It was becoming boring job now. Patiently after one week when I completed documentation and counted the ingredients, the total number was over 500. It was my first experience to get information on formulation having hundreds of ingredients. The Healers informed that it is very difficult to prepare this formulation but they prepare and use it. They warned that it is incomplete in absence of any ingredient. I searched the reference literatures related to different systems of medicine in India and also world literatures but failed to get any information regarding such complex formulation. In general modern system of medicines use single ingredient in treatment of any disease. Many times mixtures are used but you will never find complex mixtures. In [Ayurveda](#) formulations having 30-50 ingredients are in use but in general such formulations are used in treatment of complicated troubles. The ancient literatures clearly write about such formulations that in absence of any ingredient other ingredients can be used as substitute. In most of such formulations many ingredients of lower order can be omitted specially in case of un-availability. But you will be surprised to know that the complex formulation used by the Healers of Bagbahera region is not for diseases at advanced stage. They give it to the patients having initial stages of Type II Diabetes. You can think that formulation having over 500 ingredients must be powerful enough and there is less chance for improvement but it is not true. The Healers suggested over 12 variants of basic formulations and in every variant 10-20 additional ingredients are added to make it more useful.

In this complex formulation mostly herbs are used. Among herbs underground parts are used. Medicinal insects, mushroom and animal parts are among other ingredients. All these ingredients are available in surroundings especially in nearby forest. In general they prepare it once in enough quantity for at least five to six years. Many of them claimed that freshly prepared formulation is more useful than stored formulation. As I always mention while writing about traditional healing that Healers charge no fees for treatment and in most of the cases cost of medicine is also not taken. In such critical condition you can imagine the investment done by the Healers to prepare formulation having over 500 ingredients. This is one of the reasons that the knowledge regarding such formulations is becoming thing of past. The young Healers prefer formulations having fewer ingredients.

In previous research articles I have mentioned that many Healers divide the ingredients in complex formulations in primary, secondary and tertiary ingredients but the Healers of Bagbahera region refused to divide the ingredients in these parts. They said that every ingredient plays specific role. That is why presence of every ingredient is must in order to get the desired effect.

Few months back after starting preparation of [detailed scientific report on Type II Diabetes](#) I visited to Bagbahera to meet the Healers again. I failed to meet most of the Healers. Many Healers are not with us now. Few of them migrated to nearby big cities with their families and not practicing the

traditional healing. The Healer having expertise in use of medicinal insects was there and he informed that he has not seen the use of this complex formulation since many years. I noted that this village has become a part of main city and this wind of development has ruined the traditional healing practices.

During initial days of surveys I was much interested in miraculous formulations and in general ignoring the formulations having large number of ingredients. After documenting formulation from Bagbahera healers I collected information on over 700 such formulations having 200-500 ingredients. Out of these only 55 are useful in treatment of Type II Diabetes. During planning of present report I was not much eager to add information about it as writing 55 complex formulations means writing a book. Every formulation is having much information. While reading my old field diaries last week I found information about these formulations and after much thinking decided to add it in report after completion of planned information i.e. information with over 200,000 weekly and monthly schedules. I crossed 48,000 th schedule yesterday.

Although it is time taking job and requires much patience to collect information on complex formulations but I feel that the knowledge about it is unique and needing immediate attention from the research community. I am sure that such formulations are in existence in other parts of world also. When discussed about it with the experts engaged in clinical trials most of them said that modern science is not much interested in such complex formulations and instructed me to focus on small but effective formulations. I am ignoring them as I know development of complex formulations is a result of experiments done up to many generations and it's not a child play.

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Let's come forward to save wildlife from poisonous Jatropha.

Pankaj Oudhia



Abstract

Common people are now getting much information about negative effects of *Jatropha* on their lives and surroundings but very few of us know that its plantation inside the dense forest is becoming curse for wild flora and fauna. This article gives shocking information on this aspect based on field studies and observations done by author.

Poisonous *Jatropha* and Wildlife

There is no doubt about [*Jatropha*](#) that it is toxic plant. According to world literatures on *Jatropha* its all parts contain HCN and other toxic chemicals. This is the reason it is planted widely as [live fence](#) in order to check entry of unwanted animals especially wild animals in crop fields. Due to its known toxicity natives of different parts of [India](#) keep it far from human population. Now you can imagine the situation where this well known toxic plant is planted in large areas inside forest even inside wildlife sanctuaries. Last year I was conducting surveys in [Barnawapara wildlife sanctuary](#) region of Indian state [Chhattisgarh](#). The senior natives informed that every wild animal is having specific path for movement. Even they are very specific in time. Now *Jatropha* plants on way planted in haphazard manner are creating problem in their movement. Many animal species are aware of its toxicity. This is the reason they try to remain far from it. In [Keshkal valley](#) region the situation is more horrible. Here authorities have planted *Jatropha* deep inside the forest. The natives informed that during summer in early days, in search of water deer were coming in large number but as *Jatropha* plants are flourishing now these animals are not coming to village ponds. As mentioned in previous research articles that in Central India authorities are planting *Jatropha* near water sources especially in bunds of pond by ignoring the fact that its all parts are toxic to fish and other aquatic

fauna. The ponds having Jatropha in bunds are useless for the wild animals in forest regions. No one knows how they are managing this horrible situation in hot summer months.

Human beings are considered as most clever among all living creatures. It is considered that by experience they know which fruit is toxic and which is non-toxic. But regular cases of Jatropha fruit poisoning in both rural and urban areas clearly indicate that human beings can also do mistakes. Few weeks back over 20 children were hospitalized in district hospital due to accidental feeding of Jatropha seeds. Consumption of seeds may be fatal. It results in loose motions and vomiting. This is the reason Jatropha is also known as Purging nut. According to the Traditional healers consumption of its seeds in any amount may result in brain related troubles. It is known fact in western countries. This is the reason Jatropha got another name Psychic nut. The herb collectors visit to forest regularly and observe activities of wild animals with interest. The Herb Collectors of [Kanker](#) region informed during interactions that they have seen accidental feeding of Jatropha seeds in case of wild animals specially in herbivores like Deer and monkeys. No one knows how they are managing this accidental feeding. In case of human beings affected patients are transferred to nearby big hospitals without any delay where flushing is performed.

I want to share the Australian experience regarding another toxic plant [Parthenium](#). In general [cattle](#) avoid this [weed](#) but as it is present everywhere in pasture land accidental feeding in milch cattle is common. The researchers have found that this feeding not only affects the quality of milk but also reduces the quality of meat. From this point of view you can imagine the situation when affected Deer are hunted by carnivores like tiger, by entering in food chain of forest ecosystem how Jatropha toxins are causing great havoc. On one side we are investing millions to protect wildlife and on other hand planting poisonous plants like Jatropha without any study and research on its possible impact on wildlife.

I have mentioned in previous research articles that over 500 native plant species are affected by Allelochemicals Jatropha secretes in surroundings. Most of these species are used as folk medicines. Many species are of international importance due to its status as established sources of modern medicines. Also many species like [Kali Musli](#) and [Makra](#) are also affected by Jatropha. These species are consumed by wild animals as food. Kali Musli is favorite food of sloth bear. Makra is preferred by Deer and associated species. Jatropha plantation inside the forest and wildlife rich area are suppressing growth of these plants and as result causing unnecessary scarcity of fodder and food material. In [Bastar](#) region authorities have planted Jatropha near [Sal](#) forest. According to the natives now Jatropha is spreading. It is entering inside the forest. As no one is monitoring it, in coming five years one can clearly see its harmful effects on native flora as well as fauna.

I have much information on this aspect but I am searching ways to present these alarming situations and cases in effective way. Interviewing natives is good option but due to fear of authorities they can change their statements. I am regularly taking pictures as one picture is equivalent to thousand

words. I also feel that there is need for systematic studies to establish these facts. We can not expect this research from our research organizations as there is less possibility to get fund in the name of harms of Jatropha. We must think on this aspect without any more delay.

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How many lives 50,000 Diabetes schedules can save?

Pankaj Oudhia



Abstract

This article expresses the pleasure and satisfaction, any traditional knowledge researcher feels after adding over 50,000 complicated Diabetes schedules in his scientific report.

Traditional Healing

“How many lives these 50,000 Diabetes schedules can save?” This was my father’s question when I informed him that tomorrow I am going to add 50,000th schedule as part of my [ongoing report on Type II Diabetes](#). I humbly replied that I have reached only one fourth of target i.e. 200,000 schedules. Let me complete full report. I am confident that it will save millions of lives for generations. For completion of this part of report he has seen his younger son working continuously up to eight months. Convinced with my answer he suggested me to continue writing for Indian farmers in [Hindi](#) also, along with this report. It was really looking as impossible task when I started writing this report in Ecoport in May, 2007. It is blessing of my parent and well wishes of my readers that I am reaching to figure of 50,000 schedules in this short time. Although no fire crackers or celebration will be there from Ecoport side but I know they will also shower their blessings and support on me to complete this Herculean task, as always.

Few days back a group of social workers from far town met me with surprising proposal. They proposed to come with them in their town and start small clinic based on knowledge on [Type II Diabetes](#). This group will bear all expenditure of mine and family up to life. Clinic will be free for all types of patients. I thanked them for this proposal and informed that I am basically Agronomist. And Agronomy is science of crop cultivation and soil management. Instead of taking my services please search and honor the Traditional Healers in your region and give them opportunity to serve the society in full swing. What I am documenting is their knowledge, although I have written it in form so that modern society can understand it easily. They were not ready to accept my proposal. One of their arguments is that I am educated and the

Healers are not educated. How they can understand the modern medical reports? I tried to clear their doubt that in traditional healing there is less need of modern medical reports. This healing have its own diagnosis methods. We are lucky that we are living in time when we still have Traditional healers and forest. I am not sure that both will be there in few decades as modern society is invading every part of this earth. They returned back with request to rethink on it. As I have to write a lot in this report and after it in reports on heart troubles and Cancer. Hence, for me it is not possible to do such type of service.

Many times while writing this report a thought comes in mind that am I proceeding in right path or it is better to remain in forest and invest this part of life in collecting more information and taking pictures. Eight months means over 100,000 pictures and this large quantity of pictures means lots of words in form of knowledge. But as second thought I feel that at this age I am able to remember all information I collected through surveys and to sit continuously in computer to add it without any error. It requires much patience and many times I loose it. I feel that such patience is possible at this age only. I also worry about the Healers and other traditional knowledge holders. I feel that it's my responsibility to inform the modern society about their valuable contributions so that modern world can come forward to honor them. Time is passing very fast and if I divert my attention on other subjects then I will loose this life time mission.

At present I am writing about use of Germinated [Methi](#) based combinations. Out of over 200 ways of growing Methi for Diabetes treatment I have added information about [60 methods of cultivation](#). All these are traditional methods. I have raised Methi in farmer's fields through many of these methods and also seen it in Healers fields. If I am not wrong, no work is in progress in any part of world to grow Methi for Diabetes treatment. Many times Agronomist inside me force me to establish demonstration plots by my own expenses so that young farmers and researchers can adopt this traditional and less known way of medicinal crop farming.

Every month I keep five days for holidays but since year 1992 I have not enjoyed even single holiday. During so-called visit for change I continuously take pictures and interact with natives and Healers. I enjoy it a lot but it is not holiday like I read and heard about. I see people enjoying holidays in Las Vegas and touring in luxury cruise. It seems that I will get time to enjoy it in next life.

So how many pages you have written so far? It is common question from my friends. They know that quality is more important than quantity but still this question remains on tip of tongue. Then seeing my silence they try to assess print preview results of these thousands of schedules. One of my close friends said that you have written over 80,000 pages so far. I am not sure but I have to keep much patience and continue the hard work as over 150,000 schedules are still to be added.

After reaching near to 50,000 schedules at mid night I am writing this article after completing today's quota of Ecoport schedules. I am feeling much satisfied so far. Keep showering your blessings so that I can write for you similar article at dream point of 200,000th schedule.

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One day in Barnawapara wildlife sanctuary region with new experiences and observations.

Pankaj Oudhia



Abstract

When you visit any wildlife sanctuary as common tourist I feel that you will get more useful information than visit as expert. In this article details of my interesting observations taken during recent visit of Barnawapara wildlife sanctuary of Indian state Chhattisgarh are given.

New observations and Experiences

Although poaching is common activity in summer days in different parts of Indian state [Chhattisgarh](#) as due to water scarcity when wild animals reach to small water pond in search of water, the poachers use poison to kill them but poaching is also practiced in other parts of year.

Yesterday I was in [Barnawapara wildlife sanctuary](#) and interacting with the natives on different aspects. During routine trip to forest in search of wild animals my driver pointed a dead [Sambhar](#). We stayed in vehicle and our official guide reached to the spot immediately and informed that it died few minutes back. It was not natural hunt [as fresh blood and foam were coming out of mouth](#). He suspected it as poaching activity. He examined the body superficially and came to conclusion that it was not attacked by carnivores. Although I love to see wild animals in their natural habitat but I prefer to see plants but these are just bad coincidences that during last two visits I observed death of three [Cheetal](#) and one Sambhar. I have mentioned in previous articles as well as added pictures in Ecoport that how during my summer visit local dogs hunted Cheetal roaming near human population in Bar village in search of water. I also mentioned that near pond 178 a healthy local dog was creating nuisance for [monkeys](#) as well as other animals coming there to drink water. This street dog has become wild hunter know. Yesterday I saw it again busy in terrorizing Deer.

During my surveys specially while documenting traditional medicinal knowledge about veterinary formulations I got many opportunities to observe sick animals. From first view I found that Sambhar was poisoned very recently. Inside Barnawapara sanctuary it was place near Baghmadi. This was far from place where farmers raise food crops. The official guide showed hurry in returning back as he was eager to inform his officers about dead Sambhar. I accepted it and made our trip short. During interaction he informed that due to strong forest laws now poaching is decreasing. Poachers are much worried about it. There is no bail in most of the cases. This is good news for nature lovers but we must appreciate law enforcing authorities for this success.

The natives informed about an incidence when poachers hunted [wild boar](#) and planning for cooking. Suddenly routine tourist vehicle came in scene. They thought of forest officers and as result ran away from scene leaving the kill as such. The guide informed that due to increasing tourists in the park now such illegal activities are in low pace. During visit I found many check posts with dedicated workers. Unfortunately they were not well equipped with vehicles as well as guns in order to fight with poachers. Many workers were having walki- talki.

Whole day we were discussing the dead Sambhar. Later natives especially farmers of this region informed that these wild animals reach to their agricultural fields and cause much damage to crop. The guide informed that wild boar reach to his {[Badi}g} inside Bar villages in search of [Kochai](#) and eat away all crop. Leopard also enters in village in search of [goat](#) and other domestic animals. These are easy to hunt as compared to wild herbivores. It results in frequent chances of human-wildlife conflicts. In one incidence a [leopard](#) entered in village and killed three goats as well as injured two natives. Later in defense they killed it. After long legal formalities the victims got free medical treatment. Although it is not my field of expertise but I always search possibilities of searching eco-friendly measures to keep human population far from wild life.

This region is rich in [Karra](#) population. Outside the park I observed Bison feeding on Karra population. Natives informed that Bison are fond of it leaves. There is need to conserve these trees in order to maintain Bison based ecosystem. In another wild sanctuary there were hundreds of Bison according to official census reports but when a team of wild experts conducted serious surveys they found less than 10 Bison. It was shocking news. I took very important pictures of Bison feeding on Karra and about their preferences and way of feeding. My budget always prevents me to take costly camera and with my small camera it is always difficult to take pictures of wild life but this time I got good pictures. The guide informed that as tourists are new to Bison population many times they show anger on them and as result tourists have to return back from mid way. In park two gypsy vehicles are for visitors. According to guide due to anger of Bison one vehicle returned back last morning. Inside park our guide pointed Bison. It was male roaming alone. We decided to stop. Bison was not ready to leave space for us in mid of the forest road. After wait of ten minutes he disappeared inside the forest. But from my past experience I was much worrying to pass through the bush where it was disappeared.

So what changes and modifications you suggest when in near future the number of tourists will increase in the park? I asked this question many times to many natives? They suggested many good ways. I will write details in coming articles.

The authorities have planted [Jatropha](#) plants in this region. Jatropha is poisonous plant and may cause great damage to wildlife. I was eager to get some field level information on this aspect but due to lack of time I decided to come separately for this sole purpose. During visit I observed that crop fields are having no live fence. The guide informed that due to Deer they are unable to take winter season crops like [Gram](#). I have mentioned in previous research articles that natives of other forest regions use spiny Euphorbia as live fence. I feel that there is need to promote such fence in the region in order to avoid damage to crop fields by wild animals. These fences are better solution for both human beings as well as wild life. It was matter of sadness when natives informed that wild boar feed of standing [rice](#) crop even after application of strong pesticides. Knowingly or unknowingly agrochemicals are entering in food chain of wild life. It is not good sign.

In this short visit I took over 1700 pictures. These are on-line but not in Ecoport. If you want to see it please write back to me for another database address with password access.

Keep reading my research articles for updates.

Original Research Document

<http://ecoport.org/ep?SearchType=earticleView&earticleId=933&page=-2>

For complete document please see CGBD.

Few words about Leukemia herb, a wonder herb of Chhattisgarh.

Pankaj Oudhia



Abstract

In traditional healing many special herbs play vital role in cure. While writing first chapter in Cancer report on favorite Leukemia herb I suddenly decided to visit the place where it grows naturally. This article tells few words about this report as well as wonder herb.

Traditional Healing

Leukemia Herb

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In general we divide a day in 24 hours but the Traditional Healers of Indian state [Chhattisgarh](#) divide a day in 96 or more parts and in each part same herb is given in different forms when {{Leukemia}g} is treated by them. Since start of this year I am documenting traditional medicinal knowledge about [Cancer](#) herbs in [Indian](#) state Chhattisgarh in form of detailed scientific report. As

first technical chapter I have written hundreds of pages about method of use as well as doses of Leukemia herb. This herb is given in above mentioned unique way. It is tuberous herb and known among the Healers for its miraculous healing properties. While writing I felt that something is missing. I have seen this herb in its natural habitat many times. It is always difficult to spot any herb in natural forest and get it at the same place in coming years. I am talking about small plant. Large trees remain in same place up to many decades but most of the herb especially tuberous herbs are preferred by wild animals and under such condition it is bit difficult to find it in same place.

About 175 kms from my home I spotted a point where this Leukemia herb was growing. The expert Healers showed me the spot many years back and informed that keep the information about it secret. Since then I failed to visit the spot due to other works. At that time I was not with my camera. When I started writing chapter on this rare herb suddenly a picture of that spot came in mind. Few days back I decided to visit the spot and take pictures. I was much impressed by my memory but after one day long search with natives and my driver I reached to the spot, took pictures and also collected addition information on it.

It is very difficult work for me to identify the medicinal herbs in terms of scientific names. The Healers use local names. My friends suggest me to write local names in report and if necessary add the pictures on different stages. Why I invest much time for its scientific names? Their question is right to some extent but in scientific world without scientific names report is not considered up to standard. Also local name changes in every kilometer. That is why for systematic documentation I feel that there is need to add all technical details. But it is not so simple. At present I take pictures and add it in Ecoport and other databases and then show the experts to get its scientific names but I have noted that such procedures attract much attention. Many people know that I am writing report on important aspects and if I am asking for any herb it means it is very important herb. By taking this picture from database many of them visit to my state and start inquiring about it. I have over 20 such bad experiences in last few months. That is why I have stopped following this path. Now I keep the pictures secretly (with password access) with local names as well as other details and search the internet for its identification. Identification through experts is least preferred approach for me now.

Today morning when I started adding pending information on Leukemia herb I kept pictures of it displayed in front of me. Believe it or not, it gave much inspiration and energy while writing. Forcancer experts it will be really surprising information when see a separate chapter having hundreds of pages with 1200 daily schedules based on single herb. I have named it as Leukemia herb. I am adding case studies with name of patients treated successfully with this herb in database (not Ecoport). Every time when I write about the patients all pain and sufferings of patients came in mind and it disturbs fast writing.

Although this herb is used by the Healers time to time but it is present in very limited number. The Healers don't go for its cultivation. They collect its parts from nature's experiment fields. Whole

plant is not uprooted. Most important thing is that it is used as single herb. It is used at advanced stage and Healers claim that through judicious use once can get sure success. My target is to complete chapter on it till February 14th, 2008 with recent pictures and all detailed daily schedules. If any researcher wants to conduct systematic trials using this wonder herb under framework of National Biodiversity Authority then write back to me for address of database as well as password. This report is on-line.

Keep reading my research articles for updates.

Original Research Document

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My observations and experiences with Parrots of Chhattisgarh with special reference to Barnawapara wildlife Sanctuary region.

Pankaj Oudhia



Abstract

Present article gives details of observations and experiences related to Parrots gained during recent visits to Barnawapara wildlife Sanctuary region, Chhattisgarh, India.

My Observations and Experiences with Parrots

‘This is time for collection of Karan mitthu and you can get one baby in 100 Rs... As rules are strict I have to make contact with the local bird catchers. They will arrange it for you.’ Few days I was interacting with the natives of [Barnawapara wildlife sanctuary](#) region. During this visit typical sound of Parrots attracted my attention throughout day in different parts of forest. I observed [over 150 species of birds](#) but these Parrots forced me to collect more information about it. According to natives three types of Parrots are available in the region i.e. small, medium and large. In general there is good demand of [Karan Parrot](#) due to its ability to mimic human sound. Although its collection and trading are banned in the state but you will find people selling it openly in market places. These peoples are both from rural and urban background. In general pet sellers purchase it from the rural people and by adding much cost sell it to bird lovers. Local newspapers not only publish news about this illegal trade but also publish pictures of its open sell.

I am much fascinated by [small Parrot](#) i.e. [Tuia Mitthu](#) specially when we rescued injured baby in roof top and raised in home with the help of Homoeopathic medicine. In general it is not preferred as pet. The farmers visit from my village identify it as pest and inform that this species is active in [Maize](#) during night time also. When I interacted with pet shop owners of [Raipur](#) city they informed

that this species is delicate one and requires much care. Also it is not as sharp as Karan Parrot. This is the reason rich natives avoid its purchase.

Since childhood I am hearing about Karan Parrot. At that time Karan collected from Mandla region was very popular. The bird catchers were selling locally collected Karan as Karan of Mandla. According to my father its price has increased very sharply in these days. Natives use very small cage to rear it. Also most of them cut its feathers in order to avoid its escape. By experience we know that once escaped Parrot never returns back. There is [Hindi](#) proverb 'Haath se totey udana' based on this typical habit of Parrots. This habit force natives to cut feathers at short intervals. In small cage these birds get very little space for movement. In general natives give {{Dal}g}-[Bhat](#) and [Mirch](#). Modern natives give modern foods from biscuit to noodles. I have also seen Parrots craving for tea early morning. When I started listing the food it eats in nature with the help of natives living in forest regions I was surprised to know the diversity in food items. These birds eat insects to hundreds of different wild fruits. I have mentioned in previous research articles that fruits like [Jam](#) half eaten by these birds are considered good for health. The Traditional Healers using wild fruits as medicine allow these birds to feed on it before its collection. It helps in collecting medicinally rich fruits.

There are many organizations specially in Metros opposing sell of these birds as pet. What I feel that if its presence in home as family member is liked by majority of natives then why not authorities go for its captive breeding. Many pet shop owners informed that captive breeding is not much successful. I am not having expertise in it but I feel that such breeding centers must be in areas rich in its natural population. The food served during captivity plays vital role in successful breeding. Few years back I visited to [Bastar](#) to see [Hill Myna](#) conservation program. It was really surprising to see that caretakers were feeding these birds with fruits not found in forest. As we know this breeding program failed after much investment. We have many strict laws but bird catching is still very common. I feel that captive breeding will help in reducing this activity.

In Barnawapara wildlife sanctuary still tourists are allowed to travel inside park with their own vehicles. There is no provision for pollution check. Vehicles enter with sharp horn and digital music systems. I have observed that any kind of unknown sound disturbs wild animals to great extent. Birds are among most affected creatures. The tourist guides try to adopt strict rules and warn visitors to talk in low pitch but as number of tourist is increasing I am worrying that the problem will increase. A small class with all instructions just before starting of tour can solve this problem to some extent.

Although it is reported that Parrots are used in traditional medicine but I have noted that Traditional Healers use it in rare cases. In most of the cases they prefer herbal alternatives. It seems they are also worrying from its decreasing population. Although there is no scientific study available on this aspect in the state but I want to quote natives interested in Parrots. According to them these Parrots

frequently visit to nearby crop fields in search of food. Crops are raised in this region by using agrochemicals. Earlier birds were avoiding feeding on it but now natives have seen birds feeding on crops as well as on insects died due to pesticides. In this way modern agrochemicals having well proven harmful effects are reaching in forest food chain. I am in process of listing the pesticides sprayed in crops and preferred by these birds.

Keep reading my research articles for updates.

Original Research Document

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Recent Interactions with Farmers of Barnawapara wildlife sanctuary region, Chhattisgarh, India having traditional knowledge about organic farming.

Pankaj Oudhia



Abstract

Interactions with farmers specially senior farmers on traditional ways of farming always result in good information. Unfortunately most of such information is still in undocumented form. Although it is considered obsolete by many researchers but this knowledge is of tremendous use in organic farming research. This article gives details of recent interactions with the farmers of Barnawapara wildlife sanctuary region.

Interactions with Farmers

Although most of the farmers in [Barnawapara wildlife sanctuary](#) region practice chemical farming but still many of them are adopting traditional measures for crop cultivation. The use of [Karra](#) branch is still common among them. This region is rich in Karra population, Wild animals especially Bison prefers its leaves. In general as medicine Karra is considered as toxic plant. In many countries including [Sri Lanka](#) accidental feeding of Karra plant parts resulted in death of natives. This is the reason experts of these countries have kept it in category of toxic plant. The Traditional Healers of Indian state [Chhattisgarh](#) use its different parts frequently as medicine. Its judicious use is required. Its fruits are toxic and easily available. Many herb collectors collect it for traders. From Barnawapara region it is collected in small quantity. [Rice](#) farmers use it branches in order to prevent and manage rice pest specially Banki. They simply put the branches in irrigation water channel entering in crop field. Its extract reaches to crop fields and helps in managing pest. Although rice pest are becoming resistant day by day but still Rice farmers of this region use it with much success especially at initial stage of infestation. Many senior farmers informed that its presence in field bund acts as guard and repels away insects. It was really good to know that many young farmers crazy of using pesticides are now using combination of pesticides with Karra not only in rice but also in other crops. In general, rice var. 1010 and Sarna are grown in this region.

The traditional knowledge related to farming is now limited to senior farmers. They informed use of [Keonti](#) plant parts for organic farming of [Gram](#). Keonti is common climber in forest region. It grows with support of many tree species but farmers prefer use of Keonti growing with support of Karra. They collect its seeds and ferment it with fresh [cow](#) dung and urine. Then in form of solution of different concentrations it is applied on standing Gram crop during cloudy days. According to them cloudy day means more chances of [Gram pod borer](#) infestation in coming days. Hence it is used as preventive measure. In order to increase performance of this solution they add over 20 types of commonly available herbs. Karra plant parts are also added but most of them are not in favor of its use due to its toxic effect on this crop. Traditional Healers of this region also suggest its use in rice but avoid in case of Gram and other pulse crop. I feel that now it is our responsibility to explain the science of this restriction. Keonti seed oil is in general used for [gout](#) and other related troubles. In early days farmers were using this oil to treat tree seeds for better germination and to protect it from pathogens. These days Keonti based formulations are not giving good results as Gram pod borer has become resistant due to application of pesticides.

Although this traditional knowledge is of less use in modern food crops but I feel that it is still very useful in commercial cultivation of medicinal and aromatic crops after initial trials. I am planning to conduct these trials this year in farmer's field. At first stage our plan is to test it on [Safed Musli](#), [Kevatch](#) and [Hadjod](#). One farmer is ready to try it on [Kalihari](#). Our plan is to try it in way it is used by farmers of Barnawapara region and also by adding it in over 500 combinations we have.

[Parsa](#) is among forest trees farmers allow in crop bunds. Although modern literatures claim that it is indicator of degraded land but farmers consider that its presence shows good soil. They know by experience that its presence enriches soil in surroundings with growth promoting natural chemicals. In early days farmers engaged in growing [Rahar](#) crop were mixing soil collected from Parsa tree base with regular soil in order to get good crop.

I have mentioned in previous research articles that Karra is used in this way in other parts of Chhattisgarh especially in [Bastar](#) region. Now this is becoming practice of past in all areas. I feel that now documentation about this knowledge will encourage young researchers engaged in organic farming research to popularize such important tools once more among the farmers.

Keep reading my research articles for updates.

Original Research Document

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Recent interactions with farmers of Chhattisgarh Plains, India facing problem of Monkey nuisance.

Pankaj Oudhia



Abstract

Due to increasing human activities in forest now more and more wild animals mainly monkeys are coming in rural and urban areas and causing great damage to crops and houses. This article is an effort to discuss the remedial measures developed by the farmers and to collect latest information on activities of these creatures.

Interactions with Farmers

I instructed my driver to stop survey vehicle when I saw a man chasing [monkeys](#) with air gun in hand. I asked him how you manage monkeys through this weapon. Are bullets injuring monkeys? He was farmer of [Durg](#) region where monkeys are creating much nuisance these days. He replied that he is not using bullets. Monkeys are afraid of gun and remain at bay when he shows it from distance. In rare cases his gun makes sound without filling bullet in it. It was really encouraging observation for me as farmers of this region are using every possible measure under strict forest law.

Monkeys must not be killed or injured otherwise farmers will be punished severely. Monkeys in [India](#) are of religious importance also. This is the reason farmers tolerate it up to great extent. But air gun is not effective everywhere. The farmers of [Mahasamund](#) region when adopted it they got little success. They suggested explanation for it. In Durg region someone may have used real gun to kill monkeys. This may be reason monkeys are afraid of seeing all type of structure similar to gun. For experiment I prepared some wooden gun like structures with the help of carpenters and gave it to same farmer. As expected monkeys started running away with fear. Increasing interferences on monkeys in human population and vice-versa always force me to think on possible solutions. As you know it is not possible to suggest the solutions without examine the ground realities. This is reason that I frequently visit to monkey infested areas and interact with natives.

Few days back I was in [Barnawapara wildlife sanctuary](#) region. Tourist guide Shri Ram Singh informed that when monkeys cause much damage to crops and houses the villagers capture one of them and tie small bell (Ghanti) around neck. In fear that monkey moves here and there and as result all group members disperse within no time. But it is method of one time success. It's not easy to trap monkey without injuring them. I suggested him to use Gulel to target monkeys. In general village boys use this tool with much expertise. Few months back I suggested it to the farmers of Durg region. They tried it successfully but many complained that it is not good method when monkeys are much far. Also many times they turn their faces after seeing stones coming towards them.

I am not sure whether its use is under forest laws or not but in foreign channels on nature I have seen use of [pepper](#) bolls on criminals. In [Chhattisgarh](#) and [Orissa](#) natives use pepper to keep elephants at bay. Now they are using tiger's urine for the same purpose. If use of pepper balls is allowed in India then it can be used successfully in case of monkeys. Farmers don't want to kill them even after facing much loss. They simply want to keep it away from fields.

Vegetable growers of Durg region have started raising team of hi-fi dogs for this problem. These dogs are very effective but in even small number manages monkey but it is not possible for common farmers to maintain such breeds. Farmers will prefer to buy bullock pair in stead of investing same amount of money or even more for buying dogs. Street dogs are effective but only in large numbers. Many times monkeys manage to keep control over it.

When on my suggestion a farmer tried single and double rows of spiny Euphorbia he got initial success in keeping monkeys far from fields. According to him it is effective against cattle also. He uses its different parts as cattle remedy. Hence this live fence is giving many benefits to him. But later by seeing Jam fruits inside the farm monkeys used [Bambri](#) trees to cross live fence. He uprooted Bambri trees. After it monkeys started making long jump to enter. Although few of them get success in it but it causes much damage. Now he is planning to go for four and five row experiment. As it is cheap he is ready to spread it. I will give updates time to time.

In Durg region in one group 50-60 monkeys attack on crops. You can imagine the extent of damage in few hours. Earlier these creatures were returning back to nearby forests at night but now they are staying in Bambri trees as night. When farmers started disturbing them in night they took support of large [Koha](#) and other trees far from interference of natives. In general monkeys prefer to stay in trees

full of insects and delicious plant parts. Stay in Koha trees is generating much interest in me and I have instructed village boys to keep close view on them especially on their feeding habits.

As forests are decreasing more and more monkeys are coming in rural areas to damage crop fields. We have good planners and experts but unfortunately no one is ready to discuss on this growing problem. One of the purposes of this article is to start new discussion on different remedial measures adopted by the farmers. I am writing series on this by adding new information time to time. I feel that there is need to form global discussion group on this common but important problem.

Keep reading my research articles for updates.

Original Research Document

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Are urban natives becoming less sensitive and aware of surroundings and Mother Nature?

Pankaj Oudhia

Abstract

Through this article author has shared some of the bitter experiences he faced in recent past related to poor awareness and sensitiveness of urban natives about creatures and plants present in surroundings.

Bitter Experiences

Last month local news paper Daily Chhattisgarh published that locals of Janjgir region are worshipping rare creature that looks like owl but makes hissing sound like cobra. According to news many people are considering it as Garud i.e. eagle. I was in health club when manager showed me this evening paper and asked for comment. I identified it as [Barn owl](#) common in farms. After returning back to home I collected all details from my database and sent a message to editor with details. Next evening it published in front page and phone calls with thanks started within no time. Next day I saw TV news from neighboring state [Madhya Pradesh](#) that natives from urban areas are worshipping same species by considering it as eagle. When I visited to rural areas that evening natives were discussing about this picture. They were identifying it as common owl. This incidence

showed that how awareness about creatures in our surroundings are less in urban areas whereas in rural areas natives especially senior natives are still aware of it. Winter is time for new babies of Barn owl. My father informed that once this owl was in abundance in rural areas but now it is becoming rare. The natives of [Durg](#) region informed that they see it as creature that creates terror by its sound. It is also known as Ghost owl. The world literatures on this owl explain that due to increasing use of pesticide this owl is decreasing at alarming rates. Increasing road traffic is also considered as important factor. In [Chhattisgarh](#) natives of different regions blame modern agriculture for decrease in its population. The names of small animals and birds are on their tip of tongue, common in surroundings till last decade.

Same newspaper published picture of very long mosquito with comments that large mosquitoes are now sucking blood of natives in [Raipur](#) city. Mosquito expert in local university was quoted in this news by saying that he has never seen such large sized mosquito in his long life. This news terrorized the common people. Although it was not my field but I searched it in internet and found it as Chironomid. The literatures mentioned it as blind mosquito and it is non-biting. It means there is no need for panic. Next day as expected newspaper published my comments. Again I got surprised that why our researchers don't take the advantage of internet in identifying the creatures present in our surroundings. Considering me as plant expert newspaper editor not contacted me before publishing it. He contacted mosquito expert and as result unnecessary panic was created for one whole day. The internet search for this creature took hardly four minutes.

Few days back while returning back from [Barnawapara wildlife sanctuary](#) I attended marriage ceremony. I showed pictures taken in sanctuary to some youngsters and asked whether you have seen it earlier. They said yes without taking any time. Where? I asked. In Discovery channel. Oh my God!! When I told them that these creatures are present in nearby sanctuary they showed big surprise. Now I am planning to sponsor their visit so that they can know the real natives of Chhattisgarh.

My city is capital of Chhattisgarh state. Every day it is expanding. New bridges and roads are constructed every day. Single roads are becoming four lanes. Everyone is happy that now they will get more space for movement. But it is not good news for me as whenever I visit to such locations I find everything except my old trees. Authorities are simply uprooting it. Hundreds years old [Pipal](#), [Bar](#), [Neem](#) trees are in target. No one is opposing it. Very soon we will live in concrete jungle and see these trees in nature channels. Removal of one old tree means destruction of habitat of millions of creatures from birds to microbes. These old trees are lungs for congested modern cities. In Raipur-[Aarang](#) high way I identified over 30 tree complexes. You can see its pictures in Ecoport. During recent visit I found none of them. All where uprooted mercilessly. I felt that I have lost my close relatives. Few months back I wrote detailed [Hindi](#) articles on importance of these old trees in Raipur city but local newspapers refused to publish it. They said that development is must and new constructions are for the welfare of society. New generation is seeing this development. They will live without friendly creatures and plants in surroundings then how they will learn to honor Mother

Nature?

Original Research Document

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For complete document please see CGBD.

The search for Man faced bug *Catacanthus incarnatus* in Indian state Chhattisgarh.

Pankaj Oudhia

Abstract

This research article contains introductory information about presence of *Catacanthus incarnatus* in Indian state Chhattisgarh. New information will be added in coming days as I receive it through on-going surveys.

Search for *Catacanthus*

Yesterday the Editor of Daily Chhattisgarh sent an email with picture of man-faced bug and asked whether it is true? From picture it was looking edited and improved one. The caption was 'A sap-sucking pentatomid bug sits on a leaf in the Khao Chong Forest Reserve in southern Thailand. The markings on its back resemble a human face with eyes, mouth, upturned nose, and pompadour hairdo'. I searched my database and found that such signs are common in pentatomids. As first response I replied to editor that man-faced bug exists on Earth but I have to confirm the bug shown in this picture. Later I searched the net and found many pictures but not the same as shown in picture. I posted message in Entomo-L and without any delay Dr. David Rider's mail came with complete information. He informed that *Catacanthus incarnatus* is man faced bug common in [Thailand](#). I forwarded the information to Editor.

Meanwhile I posted this picture to different contact persons throughout [Chhattisgarh](#) from herb collectors and farmers to herb traders. Within hours phone calls started coming from different resources. So far 23 persons confirmed that they have seen it in wild but rarely. Herb traders of Southern Chhattisgarh said that it is not in trade but showed eagerness if there is any demand. The Traditional Healer of [Gariaband](#) region replied that it is present in his region and it is used as medicine but he was not eager to tell its medicinal uses. From [Narharpur](#) region I got information that natives engaged in Tantra activities use this insect with *Cannabis sativa*. It is used for mental stability (?). They know it as 'Masan Keedva' (Masan means Ghost and Keedva means insect). All

persons informed that many variations of this insect are present in their regions.

In coming days the editor is [publishing this picture in front page](#) . After it I am expecting more responses. My camera is now eager to take its picture. Next week I am planning to go for special survey focused on this insect. After getting information about its use as medicinal insect I feel that now it is within my scope. In India its occurrence has been reported but no specific information about distribution is available. I have seen Ecoport record but it is waiting for contributor. I feel that in few months I will be able to adopt this entity.

Keep reading my research articles for updates.

Original Research Document

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For complete document please see CGBD.

One more bad experience with ‘Official traditional healer’.

Pankaj Oudhia

give medicine for health troubles. At first he examined Nadi and then kept Digital Thermometer like small equipment around wrist. I asked whether you are taking temperature? He replied that I am taking blood pressure? Blood pressure from Thermometer? He instructed me to remain calm. He assured my friend that very soon Beep sound will come. Sound came and screen showed 98.4. He said blood pressure is low and it must be around 100. I examined the equipment and confirmed that it is [Taiwan](#) made Thermometer. In hard words we inquired about it and asked why you are fooling common people in the name of traditional healing. How you are using Thermometer as tool to determine blood pressure. Seeing our attitude he showed us the herbarium sheets. Herbarium sheets with the Healers? I have met thousands of healers but never seen sheets with them. I examined it and found these sheets were prepared by botany students and how it reached to the Healer? He was not able to recognize the herbs. By reading labels he was informing about the herbs. Later he showed us the register having details of patients. I found that many patients with [cancer](#) visited to him. The names were there but no record of patient's progress. He was using some modern medical terms for diseases. Fortunately a patient having cancer visited. I took permission to remain there. After using that Thermometer, this time to measure the extent of cancer spread he recommended herbal product to patient. I examined the product and found that it was medicine for [Malaria](#). I raised objection. He replied that same formulation will act in cancer also. The patient was much in pain.

After getting exposed and by our regular objections he told the truth. He was farmer basically but on request of state authorities he visited to [Raipur](#) and [Bhopal](#) for training of Traditional Healing. Basic Ayurveda was taught with information about Himalaya herbs was given. Botany students prepared herbarium for them. He was appointed on honorarium of 700 Rs. per month. Once in a week he visits to Raipur to treat urban patients. He is not allowed to charge fees from patients but when we gave them fees he accepted it without any problem. Basically his job is to recommend herbal products and get commission. He showed pictures taken with influential political as well as governmental officers.

I asked about his practice to natives. They replied that in rare cases they meet to him. They know that he is not a traditional healer by birth. Many complained about higher fees. Most of the natives rely on modern health practices and in case of urgency visit to Raipur city.

I studied the official claims about this program. The report was full of pompous words about healers like him. I am not giving the name of this Healer because I feel that state authorities are equally responsible for this fraud. Such Healers are not true Healers. It is not wrong to declare them official quacks. Public health is in danger and most worrying point is that such malpractices are damaging the reputation of true healers and ancient healing practices. The state is having thousands of true healers then why there is need for this show business? I know that true Healers will never ready to go for training and to agree for work on commission basis. I also know that officers are in tremendous pressure to bring the Healers anyhow in order to show that authorities are caring Healers. Due to this pressure they are declaring common people as traditional healer and most odd thing is that they are treating cancer like diseases. I strongly condemn such act and request the

author tires to stop such malpractice. I am much shocked.

Keep reading my research articles for update.

Original Research Document

<http://ecoport.org/ep?SearchType=earticleView&earticleId=3123&page=-2>

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Additional information on Snakes and herbs used in treatment of snake bite collected through interactions with the natives of Gariaband region, Chhattisgarh, India during February, 2008.

Pankaj Oudhia



Abstract

In [India](#) it is not wrong to say that natives living with snakes have lot of information on different aspects of snakes, snake bites and useful herbs. This article is an effort to present new information on this aspect collected during recent visits in Gariaband region.

Traditional Healing

Yesterday I visited to famous Sirkatti Ashram of Panduka for my surveys. From the entrance of Ashram I was hearing hissing sound. Seeing my uneasiness one of Sadhu said that are you interested in this hissing sound? He instructed me to follow. We reached to nearby office. I found the sound coming from Pitari generally used to keep snakes. It was hissing of snake. It was very loud and it means snake was in anger. He opened the Pitari and long snake full of anger emerged with hood in attacking position. According to him it was Gahua Domi which is very poisonous and enough to kill human within no time. He found it in nearby bush. Snake was kept hungry for two days. I took pictures and showed interest in its release program. He replied that it will be released in few hours in nearby forest without any harm. Before it one of them will drink Snake venom. Drink the snake venom? Why? He replied that it is act of bravery and also it is having therapeutic value. Wow!! I would like to take pictures of this act of bravery. He gave consent and suggested to come in evening after completing surveys.

Like other forest regions [Gariaband](#) is also rich in snake diversity. As human population pressure is increasing pressure on snake is increasing. As result cases of snake biting are also increasing at alarming rates. Natives have much to say about snakes and long stories are associated with each case. In past few years I have met and interacted hundreds of victims and also natives bitten by poison less snakes. Still there is no panic about snakes. Snakes are managed easily. Natives enter in danger zones by wearing ordinary footwear and many times bare foot. Snake biting is also managed without any problem. In Sirkatti Ashram Sadhu told me that if you bring any patient having snake bite within eight hours, they will try their best to save life. Through them I got the name of Shri Verma. He is known in the region for expertise in treatment of snake bite. Natives told that his bike remains ready always with petrol for emergency cases. He is officer in irrigation department. How he manages the cases? Many said that he knows Mantra and Tantra but most of them aid that he treats with medicinal herbs. I tried to contact him but his mobile was switched off. Very soon I will try again. Natives further informed that Shri Verma treats the patients within one hour. More delay means less chance of survival. Many times he says that patients must be alive. He uses mirror to check whether breathing is on or not? Mirror is kept in front of nose and through this simple technique he tries to know the condition of breathing. Although I have yet not met him but I am thankful to him as natives informed that he is giving this knowledge to local youths and through this way very soon these cases will be managed without any death.

Later in Gariaband city native named Shri Rohit added that once district hospital declared a person dead. Poisonous snake bite was on his ear. Shri Verma claimed that he is ready to try but at first discharge him from hospital. He tried and got success. So-called dead person is still with us. I would like to meet him to record his experiences. Shri Rohit disclosed that drinking snake venom is not bravery but a trick. Snake venom when reached to digestive canal body drained it out in form of stool without any toxicity. Hard to believe for me like you but many natives have claims like this. I remember the quote of Traditional Healers of Southern Chhattisgarh that while sucking or taking venom mouth as well as other parts must not have any cut or injury. Through it venom can enter in blood. And sucker may loose life. This is the reason many times suckers are suggested to keep herbs or herbal combinations in side mouth during this process.

Shri Rohit shared experiences of Shri Shobhit who was regular taker of snake venom. Once he was hospitalized for snake biting. Due to regular intake of venom there was less effect of biting but in government hospital staff used surgical blade to drain blood having poison. Blade was not properly sterilized as result Shobhit had to loose one of his fingers.

Shri Rohit further informed that during month of Ashaad two different species of snakes i.e. Asodhia and Domi perform sex. It is hard to believe. I have not heard cross breeding among snakes.

I have mentioned in previous research articles on snake charmers of Gariaband region that they sell many types of herbs related to snake in different Melas in different parts of Chhattisgarh. Visit to their homeland always generates new information. I have written a lot on different aspects of snake but it seems that knowledge about it is endless.

Keep reading my research articles for update.

Original Research Document

<http://ecoport.org/ep?SearchType=earticleView&earticleId=3124&page=-2>

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New observations, experiences and information collected from Gariaband region, Chhattisgarh, India during February, 2008.

Pankaj Oudhia



Abstract

Recent visits of [Gariaband](#) region for surveys resulted in new information and observations. Through this research article author is presenting it in detail.

New observations, experiences and information

While traveling in [Raipur-Gariaband](#) road my survey vehicle was in good speed but our eyes were searching unique trees as well as scene for photos. I observed red flowered tree and showed surprise to driver that this year [Parsa](#) tree is blooming little early. He supported me. Near Sirkatti Ashram we observed so many trees loaded with flowers growing in [rice](#) bunds. Driver slowed down the vehicle and shouted that it is not Parsa it is [Semal](#) tree. We stopped and mesmerized with beauty of Semal tree in full bloom. The natives showed red, pink and white flowered Semal trees in surroundings. Trees growing side by side were having many variations in flower color. Why? I remembered my father's theory that in case of [Gulmohar](#) trees growing in less water result in less dark flowers than tree growing near water source. Is this theory relevant in case of Semal also? The natives failed to give the reason. Later I searched the literatures but found no information. Semal tree is well known in the region. Its all parts are used as medicine. In my [Type II Diabetes report](#) I have mentioned that how its flowers are used both internally as well as externally. Patients are advised to walk bare foot on fallen Semal flowers after taking medicines. The natives informed that it is only tree in the region not preferred by [monkey](#). Why? Due to presence of spiny structure on trunk as well as on branches. It is very vital information. Such trees can be suggested in monkey infested areas especially in crop fields. As you know when angry farmers try to chase monkeys they climb on nearby trees instead of running on ground. If there is no tree preferred by monkeys then it will create fear in them and next

time they will avoid coming to crop fields. Last night I was telling this new information to my father. He is facing problem of monkeys in crop fields. He questioned that if spines are restricting then [Bambri](#) have more spines than Semal. Monkeys use Bambri trees for shelter without any problem. There may be some other reasons-he suggested. I will raise this question among natives during next visit.

Is presence of Semal trees harmful to Rice crop? The rice farmers replied that they have not seen any kind of harm. Trees are there means these are creating no harm. Otherwise there will be no tree. Any positive effect of Semal on rice crop and vice-versa? I asked. They said that no but promised to take keen observations in coming days. In this region Semal population is rich hence it is difficult for them to compare rice crop growing in shade of Semal with rice crop growing in shade of other trees. The researchers eager to work on [Allelopathy](#) can select this interesting topic for research.

During photography I found much bird diversity in Semal trees. Many types of birds were visiting. My camera is not good to take detailed pictures of birds sitting on higher branches. This limitation is not good and in this way I am loosing golden opportunities to take bird pictures. In noon from 1 to 2, I observed frequent visits of [Maina](#) as well as Salai birds.

I have taken hundreds of pictures of [Karra](#) tree but as every human individual is different in appearance similarly every plant looks different in different seasons. One of purposes of this visit is to take detailed pictures of single tree. It seems less useful for common students but for students of Botany such pictures are very important. During this visit I focused on Semal, Karra and [Sal](#) trees. You will find these pictures very soon in Ecoport.

I receive many letters with query that what type of vehicle must be used for surveys? In general for odd roads I use jeep viz. Scorpio, Tavera or Sumo and for general roads car preferably Tata Indica. These vehicles are good if you have fixed locations of travel. Without much problem you can complete survey but most preferred vehicle is bullock cart. It moves very slowly and gives much opportunity to see the biodiversity from many angles. Due to roof it is not possible to see the tree canopies in car and jeep. Also its sound disturbs wild life and birds much. Bullock cart is eco-friendly. I have used it many times. I traveled to forest region through car or jeep and from forest village took bullock cart to move in and around forest. In a day we cover hardly 10-15 Kms but it generates thousands of real pictures.

Most of pictures taken so far by me are of day time. During night I know limitations of my camera and prefer to keep it inside bag. In general I travel as long as possible through survey vehicle till end of day. Then at night return back without any break listening country songs and similar music. Return journey is enjoyed by drivers as they get chance to use top gears up to several hours. The capacity of camera flash is limited. It's not possible to cover entire tree during night photography. In

case of close ups I avoid pictures taken by using flash. It makes picture less natural. My future plan is buy camera able to take pictures at night also.

Keep reading my research articles for updates.

Original Research Document

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That's how serious diseases are managed through simple uses of medicinal herbs: Research article based on recent interactions (February, 2008) with the Traditional Healers of Gariaband region, Chhattisgarh, India.

Pankaj Oudhia



Abstract

The Traditional Healers of Gariaband region use rare as well as common herbs in treatment of serious diseases with great expertise. Through recent interactions I collected valuable information on this aspect. Details are given in present research article.

Traditional Healing

When patients having acute attack of Insanity approached to the Traditional Healers of [Gariaband](#) region they are advised to lay down in [Khatia](#). Khatia is covered by blanket and [Munga](#) leaves are burnt on ground. Blanket is managed in a way so that it can create fumigation chamber. Patients are exposed to fumes. This treatment up to many days based on the condition of patients cures this trouble effectively-the Healers claimed. It was new information for me. The senior Healers added that more herbs can be included in the formulation in order to make it more effective but in most of the cases Munga alone is capable of treating the trouble. Old trees growing without chemicals are preferred. Freshly collected leaves are used. Through recent visit to Gariaband region I collected much valuable information from Traditional Healers as well as natives. I am giving details in present article.

I have mentioned in previous research articles that horn of [Barasingha](#) is used by natives active in Tantra activities in form of Tabiz in order to get protection against poisonous snakes. Natives are advised to wear this Tabiz around neck. The Traditional Healers are not much convinced with this use. Earlier they have demonstrated that by keeping this Tabiz in front of snake one can clearly see that it is effect less. Such claims are unnecessarily becoming curse for lives of Barasingha. Poaching for animal parts is common to fulfill its demand of traditional medicine. During recent interaction the Healers of Gariaband region informed that they use its aqueous paste in treatment of wounds especially in case of non-healing cancerous wound. Simply horn pieces are rubbed in stone and with the help of water aqueous paste is prepared. This paste is applied externally on wound. In place of water for more effect one can use [cow](#) urine after purification-they added. This use may also lead to death of this wild animal-I asked. No, not at all-they replied because fallen old horns are used for this purpose. Barasingha are not killed for this purpose. It is vital information. I will add the details of its exact use in [cancer](#) report.

The Healer of Joba village Shri Kaam Singh Markam showed me Fafan root and said that its internal use is boon for the patients having blood related troubles. It purifies blood. Fafan is tree and present in surroundings. Fafan is its local name. When I broke root I found dark green color inside. According to him it is unique character of this root. From [Sickle Cell Anaemia](#) to Blood cancer this root is used both internally as well as externally. Later I shared this information with the senior Healers. They confirmed its use and said that one must use it carefully in order to get desired effects. In short interaction they informed about 85 formulations in which it is used as important ingredient. Old trees growing with [Mahua](#) are preferred for collection of roots. They take special permission from tree itself before collection of roots. Wooden tools are used to collect roots. They assured that collection of roots is done in a manner so that it can not damage whole tree. Due to darkness I failed to visit forest to see collection procedure.

The healers showed harvest of past season. [Kali Musli](#), [Safed Musli](#), [Keu Kand](#), [Indrayan](#), [Dasmool](#) etc. were among the herbs collected in bulk. Based on these herbs they prepare number of formulations. Near store house I found many traps for rats. It means rats are fond of medicinal herbs. Please name the herbs preferred by rats? I asked. With smile they replied that rat prefer herbs used as [aphrodisiac](#). These herbs are precious for us and also for them. In general modern researchers test herbs on rat as experimental animal. Then it may be interesting to study rats feeding on stored medicinal herbs without any restriction. Rat visit daily on same lot. It means they know the technique better how to select harmful and beneficial

herbs. So if you are young researcher and eager to work on new topic then you can select this topic. Please use rat from rural and forest areas. Rats raised in lab are not as sharp as their wild relatives. You will find very few or no reference on this aspect in reference literatures. It may create problem for your supervisor as most of the supervisors feel uneasy to present new work without reference work. That is why their research works are known as Re-search rather than Search. :)

Keep reading my research articles for update.

Original Research Document

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Interesting information about rare herbs collected from Gariaband region, Chhattisgarh, India during February, 2008.

Pankaj Oudhia



Abstract

Only after much interactions and continuous observations one can prepare list of endangered species. By visiting different regions and interacting with natives and Traditional healers I am trying to locate and enlist such herbs. Present research article give details of recent survey done for this purpose.

Traditional Healing

I started interesting discussion on common [Parsa](#) tree with the natives of Panduka region. They told that its roots are used as tonic and there are tens of Parsa root based herbal formulations in use in the region. Suddenly I asked about rare [white flowered Parsa](#) plant. Few of them informed that it is present in forest near [Gariaband](#) and [Mainpur](#). I have surveyed this forest many times but failed to get this rare plant. Later Sadhu of Sirkatti Ashram told that earlier the region was having rich population of white flowered Parsa but traders as well as natives aware of its therapeutic values have collected it. I have mentioned in previous research articles that white flowered Parsa is having medicinal as well as religious importance. Natives engaged in Tantra activities consider it as valuable plant. As it is rare and full of medicinal potential collectors get good price even for single plant. I have observed that there are hundreds of herb collectors active in the region aware of rare herbs. They enter in deep forest and collect herbs without any delay. Most of them do it for herb traders of [Dhamtari](#) and [Raipur](#) regions. They are aware that once removed there is less chances of its re-growth in forest. They ignore the sayings of old that for survival of them survival of forest is must. I feel that by use of law and education we can convince herb collectors to stop this collection. In place of punishment we can give the responsibility of caring forest to them. They can act as resource person. Strictness is required for the traders engaged in illegal trading. But first need is to enlist the endangered herbs. In my state most of the endangered herbs are not in list. Based on old list authorities are satisfied. These herb collectors can play vital role in preparation of list of endangered species. Like herbs, collection of animal parts for medicine is also increasing these days. Local newspapers publish news on this aspect regularly. Few days back there was news about killing of [Panther](#) for use of its body part as medicine. I always write that plant alternatives are available for animal part based drugs and only there is need to popularize it among the users. In most of the cases animal parts are collected and supplied to national buyers. I am seeing helplessly the decreasing population of wild animals as well as plants.

The Sadhu of Sirkatti Ashram informed that few decades back this region was having rich diversity. He disclosed that they are seeing sharp declining in snake population. He pointed out that authorities are planting foreign trees in the region. These trees are popularly known as Sarkari trees. These trees are becoming curse for native flora. During visit I observed plantation of [Eucalyptus](#) in rural region as well as in forest region. Fallen leaves of Eucalyptus decay very slowly. It increase acidity of soil in long term and in this way its presence in large number affects the growth of both flora and fauna. Eucalyptus was planted ten to fifteen years earlier. Now authorities are planting another exotic plant [Jatropha](#).

When I asked about the presence of yellow flowered Parsa the Sadhu informed that he has not seen it in the region but heard that it is present in [Orissa](#) border. I am planning to visit the spot informed by him. Yellow flowered Parsa is rarest in occurrence and during flowering season only one can confirm its presence. At present forest is waiting to show full blooms of Parsa. It will exist up to May-June.

Natives of Kamar tribe are also having rich traditional medicinal knowledge about rare herbs. They enter in dense forest fearlessly with their bow, poisonous arrows and faithful dog. During recent surveys I interacted with many of them. They were returning back from forest. I found rare species of wood mushroom and [Solanum xanthocarpum](#) with them. They refused to give samples as they collected it for

special purpose. They invited me to their villages. I hesitate to go to village as now days like other tribes these tribes are becoming thing of tourist attraction and anthropological research. More and more visitors are coming and taking their pictures without understanding their discomfort. This attitude has made them irritable. Many times they ask for money. I am not in favor of this disturbance. I am not in hurry. That is why I prefer to meet them in forest and instead of taking their pictures and interviewing them I like to follow them and observe their way of handling the forest. This method gives lots of information.

During this survey a [Kamar](#) youth showed me egg of snake. Are you going to eat it? I questioned. No-he replied. Just out of curiosity he collected it. He was shaking it much. I am sure that inside egg nothing was remained alive after such shaking. He refused to tell more about it but I have documented in previous research articles that snake eggs are used as traditional medicine specially medicine for incurable diseases. I took picture of this egg and very soon you will find it in Ecoport.

Keep reading my research articles for updates.

Original Research Document

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Lets hope that they never Dam Pairi river near Gariaband, Chhattisgarh, India.

Pankaj Oudhia



Abstract

With decreasing Biodiversity zones in India now time has come to discuss whether we require immense benefits of Biodiversity or Dam to fulfill water requirement of modern society by destroying Biodiversity. This research article is related to proposed Pairi Dam project and its possible impact on Biodiversity of the region.

Biodiversity and Dam

Why you visit to proposed Dam site of [Pairi river](#) every month instead of going other places where Traditional Healers are waiting for you? I ask this question to myself many times but continue to visit Dam site at frequent interval. At present this site is having rich forest and biodiversity. I have taken hundreds of pictures and you will find it in Ecoport and Discoverlife but still it seems that it is tip of iceberg. No one knows that when Dam will be constructed. In many places notice boards showing Dubaan Kshetra i.e. 'submerged area' are present. Best part of forest lies in this submerged area. Natives informed that Dam will be constructed to fulfill water requirement of [Raipur](#) city. Water is must for industries. Many villages and [Gariaband](#) city will be submerged after construction of Dam.

So far I have listed over 1500 species of medicinal herbs and hundreds of useful insects in proposed site. I am trying to document all this information in Ecoport and other database. In general when construction of such Dams are proposed suddenly many organizations emerge to oppose it from biodiversity point of view to its impact on people. In Pairi Dam region at present no organization is

active. Also it is free from dam construction authorities. It gives me enough freedom and time to document information related to flora and fauna. When authorities will announce its construction I am sure that these records will help the organizations to prove that it will become curse for biodiversity.

When I move inside this area and think of condition after submergence I feel sad. I have mentioned in previous research articles that how road widening in [Raipur-Aarang](#) high way destroyed hundreds of tree complexes Mother Nature prepared in many decades. These tree complexes were source of traditional medicine. Instead of introducing new technology to preserve trees coming in path of development in original form, authorities are destroying it mercilessly with support of existing law. Modern society talks more on biodiversity conservation but see its destruction silently.

Very recently I got useful information about the average price of one tree from Indian treepix discussion group. 'A tree is worth \$196,250.00, according to Professor T.M. Das of the University of Calcutta. A tree living for 50 years will generate \$31,250 worth of oxygen, provide \$62,000 worth of air pollution control, control soil erosion and increase soil fertility to the tune of \$31,250, recycle \$37,500 worth of water and provide a home for animals worth \$31,250. This figure does not include the value of the fruits, lumber or the beauty derived from the presence of trees. On the basis of even Rs 40 per US \$, this is working out to Rs 78,50,000---a mere SEVENTY EIGHT LAKHS, FIFTY THOUSAND RUPEES only.' In Pairi Dam region millions of trees exist. If anyone one compare it with the benefit Dam will give in 50 years you will find that construction of Dam is business of loss.

Seeing the beautiful pictures of proposed Dam site Dr. John Pickering of Discoverlife said that 'Lets hope they never dam it.' Through my research articles and pictures I am attracting attention of world community with hope that nature lovers around the world will come forward to rescue this biodiversity rich zone.

Keep reading my research articles for updates.

Pictures related to Pairi River

<http://ecoport.org/ep?SearchType=entityPictureList&entityId=375003>

Original Research Document

<http://ecoport.org/ep?SearchType=earticleView&earticleId=3129&page=-2>

For complete document please see CGBD.

Dataiya (Paper Wasp) in Biodiversity rich Indian state Chhattisgarh.

Pankaj Oudhia



Abstract

Information on different aspects of Dataiya (Paper Wasp) is lacking from Indian state Chhattisgarh. In present research article author is discussing his experiences with this creature in the state.

Paper Wasp in Chhattisgarh

At the top of very large tree of [Bael](#) I observed nests of [Dataiya](#) in Panduka region of [Indian](#) state [Chhattisgarh](#). Earlier I thought it as nest of any bird. The natives informed that these creatures are poisonous but rarely attack on human beings. This is the reason they avoid to disturb its habitat. This tree was near to [rice](#) fields where summer rice was under cultivation. According to natives this creatures help in managing insect population in rice fields. In this way it is farmer's friend to some extent.

I am seeing Dataiya in home since childhood. Also in my village it lives in roof of cattle shed i.e. Gorra. I was told that there is no need to worry from these creatures but as mentioned in my previous research articles in childhood I was much afraid of insects. During summer these creatures create problem by sitting in our water buckets. In order to use water at first we have to manage it. In village I saw natives burning its nest time to time with the help of torches but within few days they return back to same site for construction of new nest. Once during childhood when it attacked on my elder brother and injured through bites my mother used mercurized wax to give relief from pain. After this incidence nest was removed completely whenever we visit to village home for summer vacation.

When I started Ethnobotanical surveys Dataiya came in my life again. The natives as well as Traditional Healers are having rich traditional medicinal knowledge about herbs and herbal combinations used in treatment of Dataiya bite. During my stay at [Ambikapur](#) many times this creature attacked farm workers and every time they got rid with the help of [weeds](#) present in surroundings. While studying monkeys I was told that monkeys are much afraid of these creatures. If want to get rid from them then make friendship with Dataiya. This information motivated me to enlist the trees preferred by it to make nest. I am preparing list and taking pictures. I searched the literatures and tried to find out the criteria these creatures fix while selecting trees for nest. But failed to get any information on this aspect. I asked to the natives. Many of them replied that they prefer places near to water. During hot summer I observed these creatures sitting in moist soil near pond with honey bees in [Barnawapara sanctuary](#).

Few months back I started contributing pictures to Discoverlife. I studied the research works of Dr. John Pickering. Amazed to know that he dedicated his life to study this creature. I have written to him about my observations with hope that his feedback will help to take new observations in future surveys. Although I am known for my work on herbs but when in forest I become Biologist and take observation from snakes, birds and insects to leopard. Its good that I have space to put this information as record in Ecoport. You can expect new information about Dataiya in coming days in Ecoport.

Keep reading my research articles for update.

Original Research Document

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One day in Girodpuri-Sonakhan-Pithora forest tract of Indian state Chhattisgarh.

Pankaj Oudhia



Abstract

March is month to observe forest in season of fall. On March 14, 2008 author traveled through Girodpuri-Sonakhan-Pithora forest tract and noted important information. Through present research article he is sharing it.

Interesting Obeservations

While passing through dense forest of Sonakhan sweet mild smell attracted my attention. I confirmed it from my driver. He replied that it is not a smell of flowering [Mahua](#). We looked outside and found shrubs loaded with beautiful red flowers. It was [Dhawai](#). I have mentioned in previous research articles that Dhawai is well known medicinal shrub and every year its flowers are collected in bulk for national and international market. I took many pictures of flowering Dhawai and smelled flowers. Yes, due to its smell entire forest was full of aroma. I waited for half an hour and taken

pictures of over ten insect visitors. I took deep breathe as I wanted to fill my lungs with this aroma. Like me forest also prefers to enjoy this flowering as he knows that very soon herb collectors will come in large number to harvest each and every flower. Within week entire forest will have no Dhawai flower. Its demand is increasing year by year and as result pressure on its natural population is increasing. Although all parts of Dhawai possess valuable medicinal properties but fortunately traders have demand of flowers only. This collection is restricting regeneration but not damaging existing population.

This is season of forest fire. During my visit I observed fire in far hills. During night such [fire are more visible](#). Suddenly my driver said it is not possible to move forward as there is forest fire in front approaching to road. I observed it carefully. Fire is in straight row and on in controlled manner. Also behind flame few people were present. Oh! It was not forest fire. It was measure to avoid forest fire. Forest workers were burning dry leaves in systematic manner so that in case of wild fire burnt lines can prevent further spread of fire. They were using [Bamboo](#) sticks to put fire. Everywhere fumes of burning Bamboo were present. A senior forest worker was covering his mouth and nose whereas young workers were working without any protective covering. Why covering is required? Senior forest worker Shri Jethuram replied that fumes of burning Bamboo is very harmful for body. He was true. I have mentioned its harmful effects in my previous research articles. I tried to convince the young workers about this harm and suggested protective covering. They seemed convinced. Although controlled fire looks crude method but it is very effective and we must thank forest department as well as these ground level workers for protecting forest from fire every year.

I am seeing [Mahanadi River](#) in different spots every year. Its water level is decreasing. I can say it on the basis of visual observations and interactions with the natives living with this river. As human population is increasing the pressure on large river like Mahanadi is visible. The taste of water is changing-the senior native of Kasdol village Shri Ratan Kumar informed. Farmers are using pesticides for crop production through runoff these chemicals are ultimately reaching to river. Also river bed is used for production of cucurbits during summer. In general this cultivation exists up to five months. Growers take river bed on lease at very high rate. They try to harvest maximum. As you know wide range of pest attack on these crops. Growers use modern pesticides and in this way they pollute river directly. According to natives such cultivation is in progress since time immemorial without any break. Every year level of pesticide application is increasing. River like Mahanadi support lives of aquatic and semi-aquatic flora. Every year many types of medicinal herbs are collected in bulk from these rivers. Due to increasing use of pesticides Traditional Healers are now hesitating to collect herbs from such river. They prefer to travel long and reach to river inside dense forest far from pollution. Commercial collection of herbs is not affected as end users are not aware of these ground level realities.

When we pass through dense forest my driver remain cheered but I feel awkward as in most of the forests I observe plantation of exotic species mainly [Eucalyptus](#). In [Chhattisgarh](#) due to human interference natural forest is converting into man made forest very rapidly. In Sonakhan area one

may be happy to see Bamboo forest but it is not natural forest. Bamboo was planted in large areas for future harvest. Many times native trees are cut to plant species of commercial importance. I feel that there is need to study the impact of such commercial plantation on wildlife. In [Barnawapara wildlife sanctuary](#) region [Sagon has been planted in large areas](#). Tourists move in [Sagon](#) forest with expectation to see Bison (*Bos gaurus*). [Karra](#) leaves are favorite food of Bison. They prefer to stay in area rich in Karra population. Then how one can get Bison in area having monoculture of Sagon? Such monoculture is restricting free movement of wildlife. Forest people are well aware of fact but unfortunately while preparing policies authorities never involve them.

Keep reading my research articles for updates.

Original Research Document

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New record of *Aspidomorpha miliaris* F. (Coleoptera ; Chrysomelidae) on *Shorea robusta* in Gariaband region of Indian state Chhattisgarh.

Pankaj Oudhia

Description

Sal (*Shorea robusta*) is tree of economical importance. Indian state [Chhattisgarh](#) is known for its dense Sal forests (Oudhia, 2006). Many species of insect infest this tree species. Since two years i.e. 2006-2007 and 2007-2008 infestation of Tortoise Beetle (*Aspidomorpha miliaris*) F. (Coleoptera ; Chrysomelidae) was observed in Sal forest during March-May . Grubs and adults were feeding on its leaves voraciously. In general this insect feed on Ipomoea species in Chhattisgarh (Oudhia and Ganguli, 1999; Oudhia, 2000 a and b). Its infestation on [Ipomoea carnea](#), [Ipomoea aquatica](#) and [Ipomoea batatas](#) have been reported in the state (Oudhia, 2000 c). The Traditional Healers using this insect at traditional medicine informed that they have seen this level of infestation only in these years. Sal forests of other regions of Chhattisgarh especially Plains are not affected by this insect up to this level. The infestation of [Aspidomorpha miliaris](#) on Sal has yet not been reported from this region. It seems that it is first record. Detailed studies are in progress.

Related References

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[Oudhia P.](#) (2000) Studies on host specificity and preference of the metallic coloured [Tortoise beetle](#) ([Aspidomorpha miliaris F.](#)).

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Original Research Document

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One summer day with Traditional healers, Herb Collectors and forest of Gariaband and Rajim regions of Indian state Chhattisgarh. Part-I.

Pankaj Oudhia



Abstract

On April 16, 2008 author visited to [Gariaband](#) and Rajim regions of Indian state Chhattisgarh for his surveys and collected interesting information related to Traditional Healing and Biodiversity. Through this series he is trying to present it.

Traditional Healing and Biodiversity

During noon while passing through dense forest mild smell attracted my attention. It was smell of [Kurru](#). Kurru plants were at flowering. I stopped and entered in spot having rich population of flowering Kurru. I took so many pictures and suddenly something happened wrong and I found myself surrounded with angry flies eager to enter in my eyes and ears. Many were sitting on my skin. I came out of that spot and requested field workers to do something. At first they tried to kill few flies but later suggested me to sit inside survey vehicle. I was interested in taking more pictures but seeing the situation I preferred to sit inside car. Flies entered in car and after much effort I got rid from it. While traveling in forest I always avoid using deodorants. Also never use flash even in dark place as it attracts many insects unnecessarily. Then why I was attacked? I have also not disturbed its nest. Later native traveling with us informed that these flies are known as Lokti in local language. It harms rarely. During summer every creature in forest searches for moisture. My body was full of sweat. That is why they tried to suck it. I was very near to scented flowers preferred by

these flies. Probably my photography disturbed them. On that day I stopped in over 20 spots inside forest. Every time I found Lokti flies around me. Surprisingly they were disturbing me only. My driver and workers were free from it. Lokti flies also make honey and according to natives this honey is rich in medicinal properties. Honey combs are like Karri Laddu. It means it is very less in size as compared to comb prepared by honey bees. Honey is costly but its collection is far easy. The Traditional Healers use it during preparation of traditional formulations.

The Traditional Healer of Kodohardi village Shri Bijaylal welcomed and invited me to his house. This young Healer is practicing traditional knowledge. His father was having expertise in treatment of all types of diseases but he is known for expertise in treatment of [Piles](#). All types of Piles can be treated within few days-he claimed. He complained that modern patients are in hurry and they want relief within no time. In case of [renal calculi](#) he uses many combinations prepared by using herbs present in surroundings. . But when patients force for early relief he uses patented [Ayurveda](#) combinations purchased from nearby city. He claimed that by simple use of [Papita](#) roots one can get rid from this problem. But this simple treatment takes much time. These roots act as preventive also. Are Government Doctor and faith healer present in village and if yes then what is their reaction about your presence in the village-I asked. He replied that we work in co-ordination. Government Doctor suggests patients to meet him for certain diseases. In case of Malaria like diseases he suggests his patients to take services of modern doctor. In case of mental troubles both of them suggest patients to visit faith healer. I have never seen such co-ordination in my life. In general all three components create problem for each other and powerful modern doctor tries to stop practices of remaining two. Villagers are happy as they have three different specialists. The Traditional healer charges very nominal fees. Patients have to come to him and return back. There is no facility for night stay but he assured that in case of urgency he manages houses on rent. He examined the herbs I purchased from village market in Panduka. He is having many certificates from forest department claiming that he is genuine traditional healer. His confidence and in depth knowledge were more powerful proof of his expertise than these certificates.

He further informed that Ayurveda researchers from [Raipur](#) visited to him and took many promising formulations. They tested it and given in writing that these are useful formulations. What else you got?-I asked. Nothing-he replied. Who knows what they have done with formulations. They never returned back. I suggested him to keep formulations secret and don't disclose to anybody even to me. Give medicines not the secrets of formulations. In outside world many cheaters are there and one must be very careful while interacting with outsiders. Whether you are harassed by local police as the Healers of other regions?-I asked next question. No, police men are regularly visiting for treatment especially for treatment of hypertension- he replied. That's really good thing.

Like other Healers he informed that forests are decreasing at alarming rates. Traders are engaged in collection of forest produces but this collection is not posing threat on natural population. Few years back when there was huge demand of Safed Musli planting material by farmers, local traders collected [wild Musli](#) in bulk but very soon authorities warned them to collect it in limited amount.

He told that he has seen [white Parsa](#) which is rare in the region. Yellow Parsa is present in [Orissa](#) forest. He claimed that he has seen it once in life.

In this village I found houses painted in attractive colors. In [Biara](#) I observed [Mahua](#) flowers spread for sun drying. Every house is fenced by wood logs of [Saja](#) and [Harra](#) trees. The natives informed that this fencing is 50-60 years old and it is good quality of wood that it seems still as recently harvested.

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One summer day with Traditional healers, Herb Collectors and forest of Gariaband and Rajim regions of Indian state Chhattisgarh. Part-II

Pankaj Oudhia



Abstract

On April 16, 2008 author visited to [Gariaband](#) and Rajim regions of Indian state Chhattisgarh for his surveys and collected interesting information related to Traditional Healing and Biodiversity. Through this series he is trying to present it.

Traditional Healing and Biodiversity

Through my surveys I have collected many types of Telia Kand. All types are different in appearance as well as in medicinal properties. Also all types are used in traditional healing. During this visit I was discussing native herbs with Traditional Healers of Rajim region. They informed that one of their friends is having real Telia kand and if you are ready to travel in dense forest on foot they can show it in its natural habitat. Why not?-I replied. Real Telia Kand means Kand with tuber enough strong to dissolve small iron pin when inserted inside. Around real Telia Kand one can find oily substances. This herb also supports life of special snake. It is believed that this snake protects the herb. The time was of noon. The Traditional healers took materials for worship and [Nariyal](#) and after one hour of road journey and one hour of walking we reached to the spot. They searched the spot and finally we reached to that place. The herb was not there. Someone has uprooted it few hours back-they explained. But where is oily substance –I asked. They showed the soil having changed color due to some secretion made by the herb. But it was not exactly the same I observed

while collecting other types of Telia Kand. They were in much anger as it is very rare as well as costly herb. It seems that someone followed them and after their return collected this herb. There was no evidence of worship in the spot. It means collector was in hurry and not aware of its religious importance. They further told that very soon they will trace this collector as it's not easy to sell Telia Kand in open market. I was eager to take picture of that snake. I was told that it remains active in rainy and winter seasons. In summer you will never find it. The spot was marshy. I was not in much loss. I took pictures of other wild tubers.

It was pleasant surprise to know that Traditional Healers and senior natives of this region are still aware of medicinal [rice](#). Many of them are still cultivating it. During Navratri festival [Jwara](#) is raised. In Jwara six types of plants are raised. [Jau](#), [Dhan](#), [Gahun](#), [Chana](#), [Moong](#) and [Urd](#). In Dhan they use medicinal rice Bhejri. This year in Rohina village no one cultivated this medicinal rice. This is the reason that for first time in many decades' villages use modern rice variety 1008 for this religious festival. They were not happy with it. They requested me to visit Pandaripani village of Gariaband region where someone has cultivated this medicinal rice and bring back seeds for them. Later I visited to this village but failed to locate the said farmers. The natives of Rajim region are aware of Alcha, Laicha, Surmatia and Gurmatia rice as medicinal rice. I found glitter on their eyes when they were remembering medicinal rice. Now chemical farming with modern varieties are in practice in this region. We are having senior farmers aware of these rice types. It is becoming tougher day by day to get the seeds. The traditional type's especially medicinal rice needs special conservation efforts in [Chhattisgarh](#). I am writing about it from two decades but unfortunately no one is coming forward for ground level work.

During this visit I interacted with many bonesetters. They claimed that modern doctors from nearby cities including from [Raipur](#) are forwarding complicated cases for treatment. I found long list of patients both from rural and urban regions waiting for treatment. According to the Healers bone setting is art and herbs as well as herbal combinations support fast reunion of bone. These Healers are practicing this knowledge since time immemorial as family tradition. When they use herbs available in nearby forest they charge no fees but for herbs purchased for herb vendors and traders they charge nominal fees. They repeated that earning through healing is not permitted and that is why they depended on farming for livelihood. If you stay with us for three months, we are ready to make you student and give all knowledge-they offered. I thanked them and said that you are with us it means there is no need for me to learn this knowledge. Their young generation is also taking keen interest. This is good sign. Most of the bonesetter have mobile and it helps the patients from far region a lot.

Due to bad weather and frequent rainfall this year production from [Sal](#) will be very low-member of forest protection committee and native of Kodohardi village Shri Purshottam predicted. I took many pictures of Sal trees. I also took observation of [Aspidomorpha miliaris](#) feeding on Sal leaves. I found bagworm infestation in many Sal trees. It was same species of bagworm which infest [Seeta Ashok](#) trees in Raipur city. Infection was not very serious. Mantid sitting on dry [Charota](#) plant having only

Pods attracted my attention. I waited for few minutes to identify the insects for which mantid was waiting but failed. For such shot one must have much patience. On trunk of Sal I observed termite infestation. When my field worker tried to remove bark suddenly an insect having color exactly like bark started moving. I took pictures and very soon you will find it in Ecoport.

Natives informed that season of delicious [Tendu](#) fruits is over. I searched it in weekly market of Panduka with no success. In Gujra village I observed little boy active under large Tendu tree. He was throwing small [bamboo](#) stick on higher branches in order to get fruits. Tree was loaded with fruits. He was trying hard but getting little success. We decided to support him. We tried one by one and very soon we realized that we have less vigor as well as expertise in throwing the stick. Finally we left after giving best wishes to him. In meantime my driver collected [Bar](#) fruits for my pet Sundari. [Sundari](#) is fond of these fruits.

I have mentioned in previous research articles that [Toran](#) prepared from [Ama](#) leaves is tied in front door during religious ceremonies. In [Gariaband](#) region I found [Jam](#) branch in front of houses where marriage ceremonies were going on. It is symbol that marriage ceremony is in progress in these houses-natives explained. The reference literatures say that Jam introduced in [India](#) in recent past. There must be other plants before use of Jam branches in this way. I am trying to get more information on this aspect.

Shape and color of rural houses always attract my attention. I never miss chance to take its pictures. During this visit I observed that now villages are changing their traditional mud houses into cemented and brick made houses. It is indication that prosperity is coming. There is one important reason for this shift. Most of these villages are affected by monkeys. These creatures damage house tops to great extent. This is the reason they are using modern roofing safe from [monkey](#) nuisance. But for this shift they are paying great price. Cooling is becoming problem. In summer they are using coolers and for that their dependence on electricity is increasing. There is much shortage of electricity in villages. In mud house their cooked foods remain safe up to many days but now spoiling is becoming common problem. It is beyond capacity of every villager to buy refrigerator. While interacting with Shri Vaishnav, the Healer having expertise in treatment of Digestive system related troubles in his small mud house I felt more comfort than air conditioned and expensive survey vehicle.

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One summer day with Traditional healers, Herb Collectors and forest of Gariaband and Rajim regions of Indian state Chhattisgarh. Part-III

Pankaj Oudhia



Abstract

On April 16, 2008 author visited to [Gariaband](#) and Rajim regions of Indian state Chhattisgarh for his surveys and collected interesting information related to Traditional Healing and Biodiversity. Through this series he is trying to present it.

Traditional Healing and Biodiversity

While taking pictures in dense forest I was careful about wild animals but natives were saying continuously that this forest is free from wildlife. Due to human pressure wild animals have migrated to remote places and move in this area only in night. I am slow in climbing trees. Running away from angry animals is also next to impossible. [Pepper](#) spray is not available in [India](#). Natives suggested in case of attack stay firm without fear and if necessary hide behind tree but without showing sign of fear. On that day I observed not a single animal except fox. Forest was full of birds. Today I read in newspaper that in same region a big [Bhalu](#) is creating nuisance. Natives have

surrounded the area but fearlessly this Sloth Bear is moving inside [Bamboo](#) plantation. I have mentioned in previous research articles that this animal is very dangerous and throughout year news of man-bear conflicts publish in local newspapers. I informed the natives that how poachers mix poison in water spots and in this way kill big Bison in {{Barnawapara wildlife sanctuary}e} region. They replied that this method of poaching is common in this region also. Once there was rich population of [Peacocks](#) in [Sikasar Dam](#) region but now it is hard to find single bird of this species. Although Traditional Healers are blamed for its decreasing population believing that they kill it for formulations but in fact there is high demand of its feathers. From decoration to religious ceremonies it is used very popularly. This practice is responsible for poaching. I feel that there is need to reduce this craze of feathers. Less demand and more awareness among users will help in reducing its killing mercilessly.

During visit in Rajim region plantation of [Eucalyptus](#) attracted my attention. The authorities have planted it in [wasteland](#) inside village and also in surroundings. This region is well irrigated and summer rice is taken. Farmers are not afraid of ground water level but many senior natives complained that near to this plantation bore wells are drying and water level is going down. I believe on them and feel that there is need to study its direct impact based on the observations of senior natives. Before planting this exotic tree it was wasteland full of seasonal grassy [weeds](#). Villagers were using these weeds as fodder for their [cattle](#). It was acting as pasture land in many places but now lethal allelochemicals of Eucalyptus are not allowing native flora to flourish. From Eucalyptus they are getting nothing. The big question is that why authorities have planted it in village areas?

During visit I observed many old trees heavily infested with [Amarbel](#). I have mentioned in previous research articles that Amarbel infesting different trees possess different properties. It is used in traditional healing. Traditional Healer Shri Vaishnav traveling with us informed that he uses Amarbel infesting [Gasti](#) and [Shisham](#) trees externally in treatment of boil in order to enhance suppuration. He further informed that other Healers use it internally also but its internal use requires much care and expertise.

In Rohina village when I introduced myself as herb researcher natives misunderstood me as medical doctor. When I returned back I found dozens of villagers waiting for treatment. I explained but they requested to at least hear their troubles. I agreed. I met a patient with bone trouble. His fractured hand was fixed in wrong way by some doctors. Hand was painful and movement was nil. I suggested him to meet bonesetters and instead of use of painkillers alone go for systematic treatment as delay in such cases may lead in permanent loss of movement. It was season of [Ganga Amli](#) fruits. There were many children with injuries due to falling from trees. I suggested their parents to give [Haladi](#) powder with milk and with water if milk is not available.

In Panduka village market I searched for medicinal herbs. I met four herb sellers from same family. They were from Rakhadeeh village. I purchased so many herbs from them and also took pictures.

Most of the herbs were from neighboring state [Orissa](#) and many were from local market of [Raipur](#) city. They were acting as Traditional Healers but very soon I realized that they are more faith healers. They named different herbs without any base in a way so that rural people purchase it without question. For example they were selling large seeds of [Bauhinia vahlii](#) by saying it as BajarangBali, the Hindu God Hanuman. The cost of each seed was 21 to 101 Rs.. Purchasers were fooled to buy these seeds and worship it in order to fulfill all wishes. This is not genuine traditional healing.

Every year [Kalmegh](#) plants are collected in bulk from forest before flowering and fruiting. This collection is in progress since many decades. New research findings on this herb are resulting in increasing demand and as result traders are collecting it in bulk without any restriction in quantity. According to the Traditional Healers this over collection is becoming curse for its existence. It is important part of our forests and it plays specific important role in forest ecosystem. Its collection before fruiting stops its regeneration. During visit I found hardly one or two plants in different spots. It showed the level of harvest from forest. In rainy season one can find thousands of plants in these spots.

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